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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 36

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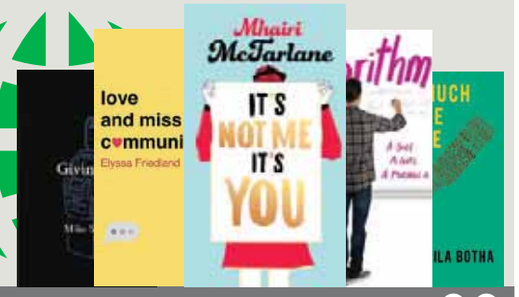

TORSTAR NEWS SERVICE FILE

To the rescue

MAPLE LEAFS

Mike Babcock bringing his no-nonsense approach to T.O.

Adam Proteau
For Metro | Toronto

Mike Babcock's post as the Toronto Maple Leafs' new head coach is sending shockwaves through the NHL at all levels.

Leafs fans are rejoicing. Babcock's eight-year, $50-million contract has team owners and coaches staring in the face of a new salary standard for the profession. And, of course, at the franchise level, instant credibility is being added to team president Brendan Shanahan's blueprint for a rebuild.

Babcock's no-nonsense approach will be a massive change in the Leafs' dressing room, which was permeated last season by a sense of entitlement, even when the organization was skidding toward rock bottom.

The 52-year-old isn't always beloved by his players, but he is respected for his knowledge of the game and his ability to put players in the best position to succeed.

Players don't need to be best friends with the man behind the bench, just as long as the wins keep coming and they recognize the coach's skills as a tactician.

Babcock, Shanahan and whoever is named Leafs general manager must all realize the scope of what must be done. That's likely why you'll hear no grand pronouncements out of the coach's mouth, just as you haven't heard similar statements from the president's office.

This will be about process, discipline, teaching and raising expectations, and players who aren't up to adjusting to the new men in charge won't be here long.

That's important to remember before you go wondering how Babcock will work with stars Phil Kessel or Dion Phaneuf. There's every likelihood one or both will be traded this off-season as the team casts an eye toward the future.

Indeed, at an average of $6.25 million a season, Phaneuf and Kessel are the only players making more than the new coach. It could turn out that Babcock makes more than any Leaf next season.

That would send a clear message: The men in charge are actually in charge. And that's good news for Leafs fans and for Toronto.

More in metroSPORTS

SLAPDASH WEDDINGS: QUICK, CHEAP, STYLISH AND EASY TO PLAN metroLIFE

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metro NEWS

Your essential daily news

Spotify adding video, news, podcasts. **Business**

A place for you to shop for groceries ... and love

LIBERTY VILLAGE

Inaugural event lets singles pick up what they like

Jessica Smith Cross
Metro | Toronto

When a Safeway in Winnipeg had a singles' night earlier this year, single shoppers used different coloured produce bags, tied to their carts and baskets, to indicate their sexual preference. SHANE GIBSON/METRO

You both reach for the same avocado and when your fingers touch, sparks fly.

That's the dream single shoppers can hope to achieve at the Metro grocery store in Toronto's Liberty Village, at its first singles' night.

Singles are invited to come to the store on May 28 between 7 and 10 p.m. and grocery shop. Shoppers can put a red ribbon on their carts or basket to signify they're single and open to mingling over kale.

Romance and relationship columnist Jen Kirsch will host the event and DJ LIKILEAKS will spin some sexy tunes.

Grocery stores in general are great places to meet people — and judge their lifestyle, based on their choice of food, when picking them up, said Kirsch.

The red ribbons will be a great help to anyone who's seen some attractive people at the grocery store, but won't hit on a random stranger without knowing first that they're single and open to flirting, she said.

"You don't want to be rejected and you don't want to be too bold, so you stick to your Tinder and this and that."

Another plus of picking up at the grocery store is it's more relaxed, and there aren't the same sexual expectations as there are with Tinder, she said.

"I like how the grocery store is more old school, more basic," she said.

The Liberty Village store in particular has many young professionals living in condos around it, and it already has a reputation as a meet market.

"A handful of my girlfriends were like, 'that's where the hot singles are,'" said Kirsch.

Hundreds of single Winnipeggers attended a similar single's night at a Safeway earlier this year, but the store saw a drop in revenue that night because regular customers avoided the store and the singles didn't buy much.

A Safeway spokesperson told Metro at the time that the store wouldn't hold a singles' night again, but shoppers could signal they're single any time by tying a produce bag to their cart.

PAN AM GAMES

Free doctors needed

Paging doctors with no vacation plans:

With less than two months until the Pan Am Games, the medical team is short more than 100 volunteers.

Doctors and medical practitioners, such as nurses, physiotherapists and chiropractors, are needed to work venues north and east of the city, including the Ajax ballpark and the newly built aquatics centre at the University of Toronto's Scarborough campus.

In downtown Toronto, doctors and nurses with emergency room experience are needed.

More than 63,000 people have applied to be part of the 23,000-strong general volunteer force since the Games started taking applicants in April 2014.

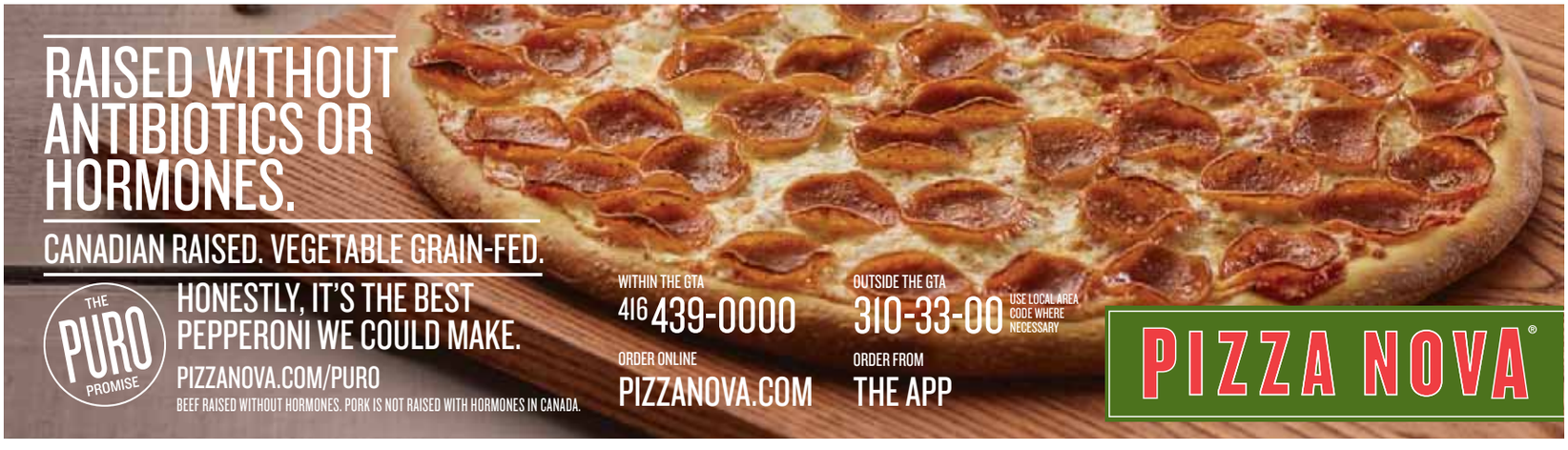
Applications for all volunteers close May 31.

Potential volunteers could be called at any time leading up to the Games, which start July 10, as others may drop out.

TORSTAR NEWS SERVICE

1,750

The Games rely on 1,750 volunteers, and only a dozen paid staff, to provide comprehensive medical care, including on-field emergency treatment, to athletes, coaches and officials.



Celebrate failure at FailCon

CONFERENCE

Torontonians share stories of defeat and later success

Lia Grainger
For Metro | Toronto

Fail bigger. Fail better. It seems that failure, once an act worthy only of shame, has become something to be celebrated.

In honour of all that can be learned from getting it wrong, six of Toronto's movers and shakers will tell their own failure tales at Untold Stories by Social Innovators, an event at the Centre for Social Innovation Annex Thursday night.

In today's world of tech development, the phrase "embrace failure" is so ubiquitous, it's almost a cliché. After all, a vast number of start-ups will ultimately fizzle out. But while failure is the norm for fledgling companies, until recently would-be innovators were only hearing stories of wild success.

No one was talking about just how tough getting a business off the ground can be.

In response to this disparity, FailCon was born, a one-day conference devoted to discussing failed start-ups. The event proved wildly popular and is now held in cities around the world.

Since FailCon's founding in San Francisco in 2009, industries across the board have jumped on the fail train. Leaders in fields as disparate as science, literature and education are all placing huge value on publicly discussing getting it wrong. Failure, it seems, is for everyone.

Thursday's event at CSI Annex will feature six well-known Torontonians sharing their own failure stories — and how those defeats ultimately paved the way to success.

EVENT DETAILS

Untold Stories by Social Innovators
Where: Centre for Social Innovation Annex, 720 Bathurst Street
When: Thursday, May 21, 2015, 7pm.

SNEAK PREVIEW

Chalo Hancock

Biggest fail: Losing almost $1 million for his non-profit.

"It felt like all the work we had done suddenly evaporated," said Hancock, who had to rent his condo and move home in order to keep the enterprise afloat.

What he learned: Resilience

Hancock says there were moments when he was ready to throw in the towel, yet he persevered. "How you decide to view the problem and respond to it is everything," he said.

Jennifer Keesmaat

Biggest fail: Creating a non-profit corporation with an unsustainable funding model.

"I realized that it simply wasn't going to work, and that 1½ years in, I was going to have to completely redesign the model."

What she learned: Tenacity

"For months, I felt a huge amount of anxiety, knowing that my plan wouldn't work and that I still needed to deliver," she said.

Luke Anderson

Biggest fail: Trying to do everything himself.

"I was spreading myself too thin and I wasn't having any fun."

What he learned: The value of delegation.

"Once you realize how easy it is to pass on a task to another inspired, energetic individual, magic happens."

Mike Brcic

Biggest fail: Living a nomadic and unstructured lifestyle that eventually led to a serious bout of depression.

What he learned: His life purpose.

"Up until that moment, I'd been drifting around, seeking happiness and hedonism," he said, noting that he was forced to take stock of his life and ponder a central question: "What is my purpose?"

METRO CUSTOM PUBLISHING

Mastering wildlife photography

May is the perfect time for a weekend trip outside of the city. Along with a picnic lunch, pack your camera and plan to capture some great photographs of wildlife with these great tips courtesy of the Henry's learning lab.

CONTRIBUTED

BE PATIENT

Great wildlife photographs often look like they are the result of being in the right place at the right time, but it takes a lot of patience to get that lucky. Whether you are photographing rare migratory birds or just the squirrels in your backyard, be prepared to wait, and wait, and wait. Keep your camera at the ready, pre-focus where you expect your animal to be, and engage the burst mode to capture a series of shots when the perfect moment finally happens.

RISE AND SHINE

The word photography means "painting with light," but not all light is created equal. The best times of day for photography correspond, somewhat helpfully, with the hours when many species of animals are most active. Get out before the sun rises and take advantage of the long, horizontal "golden hour" rays that define early morning light as your subjects start looking for their first meal of the day. Morning and evening light is almost always more flattering than harsh midday glare.

MASTER YOUR DEPTH OF FIELD

One of the first concepts all photographers must master is depth of field, which describes the depth of focus in a photograph. To help your wild subjects stand out against potentially distracting backgrounds like tree branches, you should shoot with a very shallow depth of field: Choose a wide-open aperture setting such as f/2.8 if your lens will allow it. The scene behind your subject will become pleasantly blurry, but your subject will remain pin sharp. Most consumer-grade telephoto lenses aren't capable of shooting such a low f-stop, however, so if animal photography is a priority for you consider investing in an interchangeable lens camera system and a "fast" telephoto lens with a constant f/2.8 aperture.

To learn more about how to capture stunning wildlife photos, sign up for photo summit live brought to you by Henry's learning lab place the Royal Ontario Museum May 30-31, where you will be able to take in presentations from acclaimed wildlife photographer Moose Peterson, as well as nearly a dozen masters of other photographic genres. Find out more at Henrys.com/summit.

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City of Toronto ombudsman Fiona Crean releases her annual report at City Hall. Among other items, she announced that she is stepping down from the office. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Toronto ombudsman wants to go provincial

ONTARIO

Fiona Crean aiming higher, still wants to help public

Toronto's departing ombudsman is hoping to take her boxing gloves to Queen's Park as the next Ontario ombudsman, the Star has learned.

Fiona Crean confirmed she applied for the job last week but expects to have lots of competition, including current provincial ombudsman André Marin who has held the post for a decade and has said he hopes to stay for a third term.

"I'm sure there were many able, competent applicants for this role including the incumbent," said Crean, who will be honoured Thursday night by the YWCA as one of its 2015 "Women of Distinction."

In March she announced she would step down after six combative years to avoid a reappointment battle at city council she feared would "harm" the watchdog position.

Crean's term as ombudsman probing city staff conduct expires Nov. 21. Asked if she will stay that long, she noted her office remains busy with investigations but added: "I will have to see what happens and what unfolds.

"I'm looking at a number of opportunities. That (provincial ombudsman) one is certainly of great interest and I'm acutely interested in continuing to serve the public," Crean said.

"There are opportunities across the country at the moment. The (federal) corrections investigator in Ottawa, the (Ontario) ombudsman, the integrity commissioner of Ontario, the (Ontario) environmental commissioner — there's a long list. I'm not saying I'm pursuing all those."

> **That (provincial ombudsman) one is certainly of great interest.**
> Fiona Crean

Marin a high-profile, hard-hitting veteran of many big investigations told the Star in February he plans to reapply under the new all-party, publicly advertised selection process for provincial accountability watchdogs.

Last Friday was the deadline for ombudsman applications to be considered by the hiring panel chaired by Speaker Dave Levac and including MPPs from each of the three parties, who must agree on the final choice.

Marin's term officially ends May 30. TORSTAR NEWS SERVICE

BARGAINING LAW

Strike's legality being determined

A new Ontario law on school board bargaining came under fire Wednesday at a provincial labour board hearing that is expected to determine the legality of ongoing strikes by high school teachers.

The School Boards' Collective Bargaining Act — passed last year — was intended to bring clarity to labour negotiations, separating the bargaining process into local and central talks.

However, the boards and the teachers' union have been fighting for weeks on whether the strikes in the regions of Peel, Durham and the Sudbury-area Rainbow District violate the act.

Lawyers for the government and three boards where the strikes are taking place told the Ontario Labour Relations Board that although the law doesn't explicitly ban teachers from staging local strikes on provincial issues, that's what it was meant to do.

The school boards claim the teachers and their union have been largely protesting about class sizes, which is a central issue, and in the boards' opinion, the act prevents local strikes on central issues.

The strikes are "orchestrated" by the Ontario Secondary School Teachers' Federation, said school boards' lawyer Michael Hines, adding that they would be easier to fight if the act simply said local strikes on central issues are not allowed.

"Sure would," replied board chair Bernard Fishbein. "(We) probably wouldn't be here." ALLISON JONES/THE CANADIAN PRESS

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Comic blindsided by 'rapey' heckles

SEXUAL HARASSMENT

Jen Grant forced to end set at corporate event early

Standup comedian Jen Grant EUGENE CHOI/ECHO1 PHOTOGRAPHY

In 16 years as a standup comedian, Jen Grant says she's never experienced anything like it.

"When it first happened, I felt blindsided," Grant said. "I was really surprised because it was so inappropriate for the environment."

On May 13, Grant cut her 45-minute set short during an annual corporate awards ceremony for the Ontario Printing and Imaging Association (OPIA) after a man in the audience hurled vulgar, sexual comments at her.

In a blog post, Grant said the man, whom she guessed to be in his late 30s or early 40s, told her: "There's a 51 per cent chance that my buddy here will have sex with you … and I will take the other 49 per cent."

While she tried to shrug it off, the comments continued in a "rapey tone" into the set.

"Ohhh the things I would do to you," Grant said the man later said.

"I thought, 'You can do this, just push through, ignore him.' Then I went to speak again and I couldn't because I had that cry type of voice. It's like my body didn't allow me to continue to be abused," recalled Grant, who is originally from Ottawa but lives in Toronto.

OPIA President Tracey Preston said she only knew something was wrong when Grant put down the microphone and left the stage.

"I was at the back of the room. The heckler was at the front of the room, so the back of the room couldn't hear his voice. In fact, I don't think the majority of the room could hear his voice," Preston said.

She said that she went to see Grant in the hallway after she left the stage. Seeing how upset she was, they agreed it would be best for Grant to leave, so she escorted her outside, Preston said.

While Grant said she didn't want to weigh in on the consequences the man may face with his employer, she said that generally speaking, she "wouldn't want to work with somebody who treated somebody like that."

"I just wanted to have a good show and entertain some people, and that individual prevented me from being able to do that. And I think that's a shame — I just don't want it to affect my shows in the future just because I decided to talk about it."

TORSTAR NEWS SERVICE

SUSPENSION

The man, who works for TC Transcontinental, has been suspended with pay pending an ongoing investigation into the incident.

CRIME

Uber driver arrested, charged

Investigators with York Regional Police arrested a male Uber driver in connection with the sexual assault of a female passenger.

According to police, the female victim and two friends ordered an Uber car early on Sunday for a shared ride home from a Toronto nightclub.

The driver allegedly picked up the three females and dropped two of the passengers at residences in the York Region.

Police reports said that as the driver approached the final drop-off destination he informed the victim that she needed to pay in cash or by other means. The victim allegedly felt uncomfortable and asked the driver to let her out. According to police, the driver stopped the car shortly after, exited the vehicle with the passenger and sexually assaulted her.

On Monday, Osamah al-Mandalawi, 25, of Toronto was arrested at his residence and charged with sexual assault.

The investigation has emerged amongst ongoing dispute regarding the presence of Uber drivers in Toronto. Toronto taxi drivers have largely united in the fight against Uber, saying that it contributes to an unfair, two-tiered system.

The city is also currently engaged in a legal battle against Uber, arguing that it is unlicensed and dangerous. The court hearing regarding the city's injunction application to block all Uber operations in Toronto will begin on June 1.

However, Uber can count Mayor John Tory among its supporters. Tory has said that the city needs to adapt to the company's presence in Toronto.

TORSTAR NEWS SERVICE

REAL ESTATE MEAN GIRLS HOUSE FOR SALE The iconic Bridle Path mansion from the hit show is up for grabs for $14.8 million. The home last sold for $11.8 million in 2009. TORSTAR NEWS SERVICE FILE

Mississauga to tax sprawling homes

UTILITIES

Climate change, floods threaten to overwhelm drainage system

Mississauga — a city known for asphalt, an iconic sprawling shopping mall at its centre and suburban-style monster homes — has a message: if you want to keep paving paradise, get ready to pay the price.

In a move that's a first for the GTA, Canada's largest suburb and its sixth largest city will soon charge homeowners and businesses for storm-water costs based on how much of their property is covered. If you have a very small house that causes little run-off water, you will pay nothing. But if your home is in the highest of five size categories, it will cost $170 in 2016 for your share of the city's storm-water management costs. It's an approach Toronto is also looking at ahead of its 2016 budget process, according to a city spokesperson.

At a Mississauga committee meeting Wednesday, the new funding system was passed unanimously and will likely get final approval next week. The new approach will raise millions more each year, as flooding in the city from major rainstorms over the last decade provided proof that its storm-water infrastructure can't handle climate change and all the increased run-off from so much covered land.

"You allowed too much asphalt and too many homes," said Coun. Nando Iannicca, claiming residents will call council members "morons that didn't manage things well" once the new charge shows up on dedicated utility bills for single family units starting in 2016. City staff said the replacement value of the storm-water system is $1.8 billion, which can't be covered by the property tax bill. Much of the infrastructure is in need of replacement.

$170

The new annual cost for storm water run-off for the largest category of house in Mississauga. TORSTAR NEWS SERVICE

"You built Square One (the city's downtown shopping mall), and that's your problem," said Iannicca, trying to predict what residents will say to him.

"It's the environmental factors that are the issue," he said, in the city's defence. "There's floods everywhere, in places that have never experienced floods."

> **There's floods everywhere, in places that have never experienced floods.**
> Coun. Nando Iannicca

Storm-water operating costs represent 1.6 per cent of the city's portion of Mississauga's property tax bill; this means the average homeowner is currently paying approximately $25 annually.

Coun. George Carlson, council's resident environmentalist, has championed the innovative approach since it was first examined in 2011. He recognizes the impact of climate change but said development trends are also at the root of the problem.

"You can't use pipes the size of Dixie straws when we need massive concrete culverts," he said after the meeting. "There were streets in Mississauga that looked like Venice in July of 2013 (when a major storm event wreaked havoc across the GTA).

"But look at all the asphalt and parking lots and McMansions in this city. All of that covered land is sending more and more run-off water into pipes that were probably already too small. I can see the king and queen needing to live in a castle, but does every third person have to?"

TORSTAR NEWS SERVICE

Tanenbaum, Bell buy Argos

SPORTS

The team will move to BMO Field in 2016 as part of the deal

Gilbert Ngabo
Metro | Toronto

Maple Leafs Sports and Entertainment now has a direct connection to virtually all major sports organizations in the city.

Kilmer Sports owner Larry Tanenbaum — who doubles as MLSE chairman — and Bell announced Wednesday they have bought the Argos and will move the team to BMO Field starting next year. They'll share the turf with Toronto Football Club, the MLSE-owned soccer team.

Although Rogers is not part of the purchase, the new acquisition leaves no doubt about the powers of MLSE in Toronto's sports landscape.

And that can only mean good things from a business standpoint, and legitimate concerns from a fan's perspective, said a local sports expert.

"If you are a business, there are benefits for using the same resources," said Vijah Setlur, sports marketing professor at York University. "It helps create synergies, break down costs and greater returns on investments."

The new ownership is expected to put an end to the franchise's instability, largely due to the lack of a committed owner and a proper facility, he said. Unlike the Blue Jays, the CFL team had a hard time attracting fans at the Rogers Centre, not even averaging half of the 50,000-capacity stadium.

Hopefully the move will increase performance and bring more wins to the team, he said.

"But from a fan standpoint, this conglomeration of ownership creates a sense of monopoly and lack of competition," he said.

And if the franchises don't have a track record of winning, the fans will always be concerned that bad omens will carry over and over, he said.

The Argonauts have won the Grey Cup 16 times in their history, the most recent victory coming in 2012. That's unlike the young TFC team and the NBA's Toronto Raptors, who have yet to win trophies. The Toronto Maple Leafs have won the Stanley Cup 13 times, but haven't won a championship since 1967.

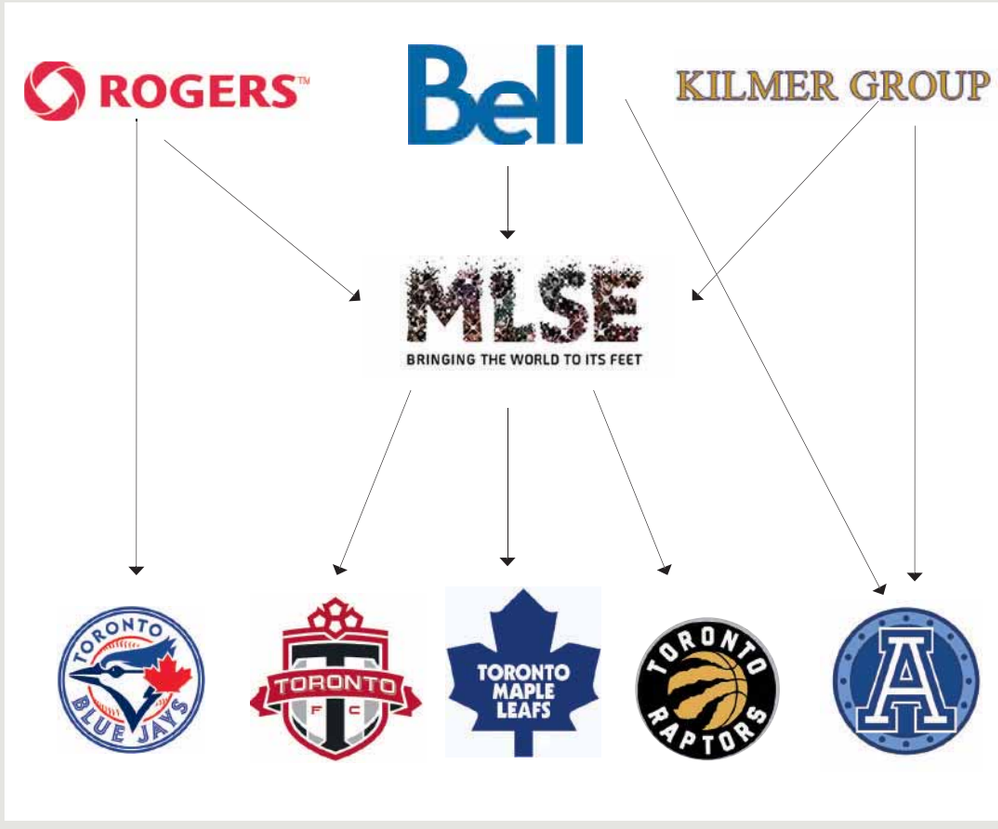
> **Conglomeration of ownership creates a sense of monopoly and lack of competition.**
> Vijah Setlur, sports marketing professor at York University

Toronto Rock, a professional lacrosse team, is the only major sport franchise that's not owned by big holding companies.

It's one thing for team owners to repeat how committed they are to winning, but when that success doesn't happen, they'll be blamed for not putting the right pieces together for victories, said Setlur.

Team and venue ownership groups aren't unique to Toronto, he said, citing New York City where the Madison Square Garden Company owns the Rangers, Knicks, MSG Network and other entertainment assets.

"That creation is always driven by business decisions," he said.



METRO EXPLAINS

MLSE THE CENTREPIECE OF T.O. SPORTS WEB

Maple Leaf Sports and Entertainment plays a role, either directly or indirectly, in Toronto's five major professional sports teams. MLSE is owned by Rogers, Bell and Kilmer Sports, a company owned by MLSE chairman Larry Tanenbaum. Rogers also owns the Jays. Bell and Kilmer Sports now own the Argonauts.
Jessica Smith-Cross/Metro

FIFA WOMEN'S WORLD CUP

Nigerian women's soccer team touches down in Toronto

Members of Nigeria's women's soccer team arrived Wednesday at Pearson airport after a long flight. LIZ BEDDALL/METRO

All eyes on the True North — the beautiful game is coming to Canada.

The Nigerian women's soccer team landed at Toronto Pearson International Airport Wednesday, the first of 24 teams to arrive in Canada for the upcoming FIFA Women's World Cup tournament, setting in motion the month-long soccer fever.

"The power of the World Cup is incredible," said Richard Scott, director of communications for the organizing committee.

"Competition is fierce. There will be 20 unhappy coaches who will not make the final four."

The Super Falcons are among the tournament's favourites, having won seven of nine African Women Championships, and are riding a 10-match international unbeaten streak. The country's Under-20 team advanced to the finals last year in Moncton, N.B., but were beaten by the Germans.

As the host nation, Canada will play the opening game on June 6 against China at the Commonwealth Stadium in Edmonton. Not a single game of the tournament will be played in Toronto, because the 2015 Pan Am and Parapan Am Games will be taking place here at the same time.

Organizers have promised a fun-filled atmosphere at all six host cities across the country. Apart from various in-stadium opportunities for ticket holders, there will be off-site Fan Zones where people can enjoy free entertainment, interactive displays and screenings of selected matches, said Scott.

Team Canada is expected to do well on the home turf, having missed the tournament only once since it was established in 1991. Behind the attacking powers of Christine Sinclair, the team finished fourth in the 2003 campaign. They also won a bronze medal at the 2012 London Olympics.

A highly anticipated friendly match between Canada and England will take place on May 29 at the Tim Hortons Field in Hamilton, before they face off in the tournament later in Ottawa.
GILBERT NGABO/METRO

HIGHLIGHTS

FIFA women's tournament a national affair

Six venues across Canada will house tournament matches, with games taking place in Vancouver, Edmonton, Winnipeg, Ottawa, Montreal and Moncton, N.B.

"Clash of the titans" match-ups include France vs. England (June 9 in Moncton), Germany vs. Norway (June 11 in Ottawa), and Brazil vs. Spain (June 13 in Montreal).
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York U campus coming to Markham

EDUCATION

Joint project with Seneca to serve 4,000 students

Get ready for Markham U.

In a highly anticipated move, the province on Wednesday announced a plan for the creation of a new York University campus in Markham, in partnership with Seneca College.

Markham's proposal to build a state-of-the-art university campus for 4,000 students near Highway 407, between Kennedy Road and Warden Avenue, received top marks from an evaluation panel, and had widespread support from the community and York Region.

"Until this morning, York Region was North America's largest municipality without a university," said Wayne Emmerson, chairman and CEO of the York Region.

The province said "funding details will be finalized following a full review of procurement options and estimated costs." York Region is expected to put forward $25 million to the university, with the city of Markham donating two hectares of land in downtown Markham for the project.

"We have one of the most diverse communities from all of Canada … people have come from every country in the world, and education for their kids is a priority," a beaming Markham Mayor Frank Scarpitti told a news conference Wednesday.

Provincial officials said the new university/college partnership is a response to the rapid demographic growth in the area, particularly of the university-aged population. Scarpitti said there are currently 60,000 18- to 21-year-olds in the region, a number that is expected to grow to 71,000 in the next decade.

In March 2014, the province released a competitive call for proposals to universities for new projects where future demand would be strong and there were accessibility gaps. The province received 13 submissions, and a panel of deputy ministers unanimously chose the Markham bid, said Reza Moridi, minister of training, colleges and universities. TORSTAR NEWS SERVICE

> **Until this morning, York Region was North America's largest municipality without a university.**
> Wayne Emmerson

Lakeshore East GO Train service reduced to hourly

May 22-25, May 29-June 1 & June 12-15

What's Changing

Due to Eglinton GO tunnel construction:

- Lakeshore East trains will operate hourly instead of every 30 minutes
- Starting at 7pm on Friday until the first trip on Monday morning, for each weekend listed above
- Lakeshore West trains will operate as usual, but passengers may need to switch trains at Union and wait approximately 30 mins. for a connecting Lakeshore East train
- For more info, visit gotransit.com/schedulechanges

Thank you for your patience as we improve the GO rail network.

METROLINX

People check in at Pearson airport Wednesday. LIZ BEDDALL/METRO

PEARSON AIRPORT

Air Canada cracking down on cabin bags

Air Canada is getting ready to roll out a new initiative that will see its staff on hand at both check-in and security checkpoints to confirm and tag carry-on bags that meet Air Canada's existing carry-on dimensions as "approved."

The process will begin at Pearson Airport on May 25 and expand to other airports throughout June. So, with a carry-on crackdown on the brink, it's time to start thinking about travelling light. LIZ BEDDALL/METRO

THREE TIPS FOR PACKING A CARRY-ON

1. **What to downsize:** You're only allowed one small re-sealable zipper storage bag for all your toiletries. Buy travel-sized versions of toothpaste and contact solution, and swap liquids for solids where possible (such as facial cleansing wipes or solid shampoo bars). If you need a big bottle of, say, sunscreen, wait until you pass through security at the airport and buy it in the terminal shop.
2. **What to leave at home:** A pair of shoes for every outfit. Invest in a comfy pair of shoes that you can dress up or down with (a camel-coloured pair will go with almost everything). Throw in a pair of lightweight running shoes (some brands will "collapse" for easy packing) and flip-flops, and you're good to go.
3. **How to make the best of a small space:** Invest in clothing that doesn't wrinkle and roll it rather than fold it. To really maximize your space, place your rolled-up clothing in large re-sealable zipper storage bags, squeeze out the air, zip them up and stack them in your suitcase. VAWN HIMMELSBACH/FOR METRO

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Honey Jam reflects on 20 years

MUSIC

Anniversary party to celebrate female artists

BACKSTAGE PASS

Ian Gormely

Nelly Furtado is among the many female Canadian artists who rose to fame after hitting the Honey Jam stage. GETTY IMAGES

Twenty years ago, Ebonnie Rowe articulated a need she didn't even know existed.

After appearing on CKLN to discuss misogynist lyrics heard in gangsta rap, Rowe, a legal assistant by day, was invited to guest-edit the women's issue of Mic Check Magazine. At the issue's launch party, dubbed Honey Jam, people kept asking her, "When is the next one?"

"Clearly there was a need," she says today.

Honey Jam quickly became Canada's pre-eminent showcase for all-female live music.

"There was no outlet for female MCs," says Michelle McCullock, aka Michie Mee, the first female Canadian MC to sign with a major label and Honey Jam's first host. "They weren't being heard, and there were so many of us."

As Rowe readies the talent showcase's upcoming round of auditions, she's taking a rare moment to shift her gaze from what's next to reflect on what's come before. Once again hosted by McCullock, a 20th anniversary party will look back at Honey Jam's past while keeping an eye on its future via live performances from recent showcase finalists.

Honey Jam filled a void, providing a safe space for female artists forced to wade through the boys' club that was the music industry.

"The knowledge was held by men," says Rowe. "'Why don't you come over to the studio at midnight?' That would happen all the time. It was a casting-couch vibe."

Although changing perceptions is still a core element, today it's as much about providing opportunities for female artists in Canada.

Where she once saw Honey Jam as "an icepick in the glass ceiling," now it's a passion project.

McCullock cautions that "there hasn't been a big change yet," but social media has helped artists circumvent a lot of the barriers. There are also more women in positions of power within the industry.

"Women used to go to men for help," says Rowe. "Now they can do it themselves."

The Honey Jam 20th Anniversary Party takes place Wednesday at Revival (783 College St.). Auditions for the 20th annual Honey Jam are May 31 at Mod Club (722 College St.). See honeyjam.com for details.

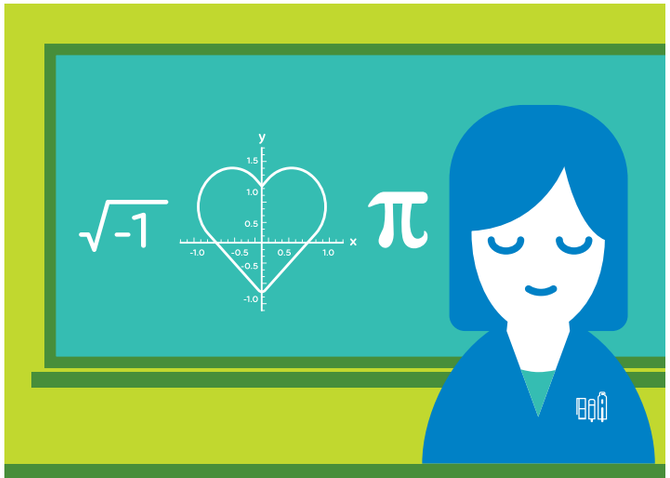
HIT LIST

Hundreds of talented artists have graced Honey Jam stages over the years. They include:

- **Anjulie** — The Oakville native scored a major hit with You & I in 2012.
- **Jully Black** — Canada's First Lady of Soul made her Honey Jam debut back in 1996.
- **Melanie Durrant** — This Juno-nominated musical chameleon has achieved widespread acclaim on both sides of the border.
- **Nelly Furtado** — The Victoria singer met manager Chris Smith, who helped usher Furtado to international stardom, after her 1997 performance.
- **Reema Major** — A callback to the showcase's hip-hop roots, Major has drawn the attention of luminaries like Rick Ross and Waka Flocka Flame.

IAN GORMELY/FOR METRO

BEING A MATH GEEK IS AN ALGORITHM FOR SUCCESS.



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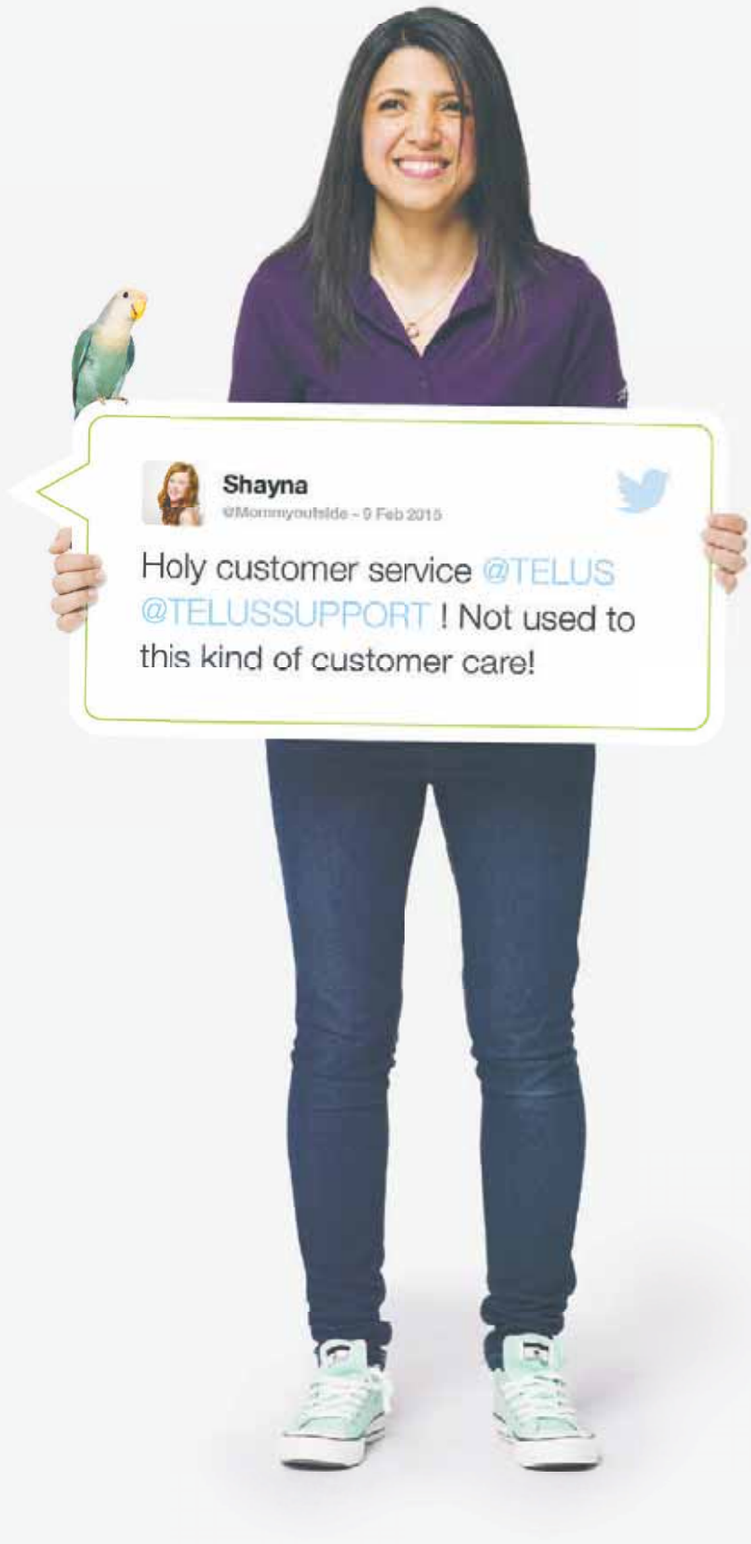

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METROEXPLAINS

Seven facts about friendship

It's not just Facebook that's tracking friends. Statistics Canada has crunched the numbers on the people you "feel at ease with, can talk to about what is on your mind or call on for help." Here's what they found about the magical, sometimes tricky, world of friends as we know it.

Jessica Smith Cross/Metro

We have more friends, but less face time

Despite the general increase in the number of friends people have, Stats Can found we see our friends less frequently. While 56 per cent of Canadians saw their friends in-person a few times a week or more in 2003, that number fell to 44 per cent in 2013. We're also less likely to see our relatives frequently.

TORSTAR NEWS SERVICE

ISTOCK

Quebeckers are the loneliest, then Ontarians

Eight per cent of people in Quebec say they have no close friends. The number is six per cent in Ontario. Only two per cent of Price Edward Islanders, meanwhile, say they have no close friends.

TORSTAR NEWS SERVICE

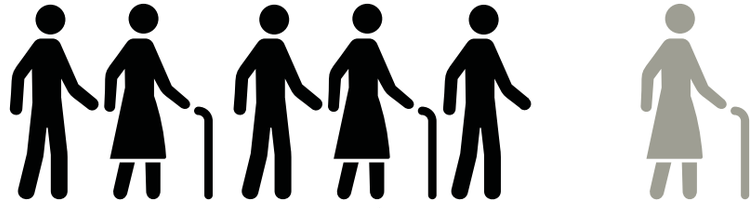
We keep in contact

Younger Canadians are more likely to stay in touch with the people they meet. However, in the last 10 years, the number has been rising for all age groups. Sixty-two per cent of Canadians aged 15 to 34 say they met someone in the last month with whom they plan to keep in touch.

GETTY IMAGES

We really are social butterflies

The proportion of people who had more than 10 other friends or acquaintances (other than close friends) grew from 56 per cent in 2003 to 60 per cent in 2013.



Friendship declines with age

Sadly, the likelihood that we have no close friends increases with age. One in six people in the 75-plus age group said they have no close friends to confide in or call on for help. Only one per cent of Canadians aged 15 to 24 reported having no close friends. The percentage rises steadily with age and hasn't changed over time.

GETTY IMAGES

Social media users widen circles

Across all age groups, those of us who use social media report having broader friendship groups. They're also more likely to report having three or more close friends and much more likely to have 10 or more "other friends and acquaintances."

75%

More Canadians are keeping close ties

75 per cent reported having three or more friends in 2013. That's up from 70 per cent in 2003.

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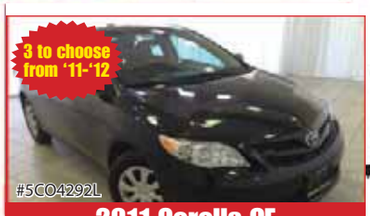

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2012 Prius C Technology Pkg
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2012 Yaris Conv. Pkg
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Include Marineland orca in ban: Barker

ANIMAL WELFARE

TV host lobbies Wynne to help 'miserable' killer whale

Bob Barker, former host of CBS-TV's The Price is Right, wants an upcoming ban on the breeding and acquisition of orcas in Ontario to include the country's lone killer whale at Marineland.

Barker said Wednesday he spoke to Premier Kathleen Wynne to congratulate her on the proposed legislation and urge her government to include Kiska, the killer whale, and all the animals kept at the Niagara Falls, Ont., theme park in the ban.

"(I asked) to have these other animals included as well, particularly poor Kiska, who is so miserable in that little pool they have her in," Barker said in a telephone interview.

Ann Marie Rondinelli, a spokeswoman for Marineland, said in January, when the legislation was first introduced, that "there is no greater priority" for the park than the health and welfare of all of its animals, including its marine mammals.

Wynne promised she would discuss the possibility of including Kiska in the ban with others and "perhaps they would do it," Barker said.

The 91-year-old animal advocate played a key role in the relocation of three elephants from the Toronto Zoo to a sanctuary in California in 2013.

But Andrew Burns, a lawyer representing Marineland, last week told the standing committee on social policy — which is discussing the proposed legislation — that relocating Kiska would be impossible.

At her age, which Burns likened to "someone who is 80 years old or 90 years old," he said, "she wouldn't survive the trip, which is a hugely stressful event for an animal."

THE CANADIAN PRESS

Orca held in 'little pool,' says Bob Barker. THE ASSOCIATED PRESS

BORDER SHOOTING

U.S. agent 'justified' in killing Canadian

A U.S. Border Patrol agent was justified in killing a 20-year-old B.C. man who crossed the border illegally in March and sprayed the agent with bear spray, says a prosecutor in Washington state.

Whatcom County prosecutor Dave McEachran said the agent retreated as far as he could from the young man, Jamison Childress, and warned him that he would have to shoot if the bear spray was deployed.

The Whatcom County sheriff's office took the lead in investigating the March 19 shooting. Childress was confronted after he walked across the border near Sumas, Wash., and tripped a border sensor.

According to an account McEachran released Tuesday, Childress started walking toward police, screaming "Kill me!" and "Just (expletive) shoot me!" He eventually discharged the bear spray at a border agent, who shot him.

RCMP have said Childress, of Prince George, was sought on a murder charge in the killing of 18-year-old Brando Walker in Alberta. THE ASSOCIATED PRESS

IN BRIEF

Scammers impersonating officers from RCMP, CRTC

Canadians are being warned about two telephone scams.

The RCMP says someone has been calling Ontarians, saying they're from the Mounties' technical crime unit. The caller says the RCMP has found the resident was sending malicious content through their computer, or that their computer was accessed by international criminals. They then ask for money to fix the problem or for protection from future incidents.

The CRTC, meanwhile, warns that someone alleging to be from the National Do Not Call List has been telling people they must re-register by handing over their personal information to the caller. THE CANADIAN PRESS

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Tories green-light third election debate

POLITICS

Event will be sponsored by Globe and Mail, Google Canada

The Conservatives are keeping their grip on the pre-election steering wheel, agreeing to a third national debate — one to be held on Stephen Harper's home turf in Calgary and focused on the economy.

The party announced Wednesday that it has accepted a proposal for a third federal election debate sponsored by the Globe and Mail and Google Canada.

"We look forward to this opportunity for voters to compare our plans to keep the Canadian economy strong to the tax-and-spend plans of the opposition," spokesman Kory Teneycke said in a statement.

Teneycke has said Harper will participate in a total of five debates and has already given the nod to one in August hosted by Maclean's magazine and another by the French language network TVA.

PM Stephen Harper, left to right, former NDP Leader Jack Layton, former Liberal Leader Michael Ignatieff and former Bloc Québécois Leader Gilles Duceppe arrive to a federal election debate in Ottawa, Ont. on April 12, 2011. THE CANADIAN PRESS

The Conservatives shook up the debate scenario by walking away from negotiations with the consortium of major TV networks that traditionally broadcast the leader faceoffs.

They have emphasized that they would like to participate in debates on different media, since Canadians are consuming current affairs on different platforms. There are also strategic considerations for the Conservatives, who are focused on highlighting the differences between their longtime leader and Liberal Leader Justin Trudeau.

A debate on the economy theoretically would favour Harper, who campaigned successfully in 2011 on the message that voters needed to stick with his stable government rather than try something new.

"They want more opportunities for Trudeau to 'shine' in formats he might not be as rehearsed for," former Harper communications director Andrew MacDougall posted to Twitter Wednesday.

So far, the New Democrats have said they are anxious for Leader Tom Mulcair to debate Harper no matter the venue. They have agreed in principle to the three debates Harper has endorsed. THE CANADIAN PRESS

MEDIA

The consortium is made up of CBC/Radio-Canada, Global and CTV.

MONTREAL

Education key in fight against jihad: Expert

In the wake of the arrest of 10 young Montrealers suspected of wanting to join jihadist groups overseas, an expert says more needs to be done to educate and counter the extremist rhetoric some Canadian youth have been eager to embrace.

The 10 were detained last weekend at Montreal's Pierre Elliott Trudeau International Airport and released without charge, after having their passports seized.

Reports in mid-January that six young people from the Montreal area had left to join jihadist groups in the Middle East were followed by terrorism-related arrests in the city as well as authorities successfully getting other people to sign peace bonds.

One expert says it's too soon to say if the arrests in Quebec this year mean the province is a more fertile hotbed for jihad recruitment.

"We've had people leave for jihad from other provinces," said Stephane Leman-Langlois, a criminologist and co-director of a group that studies radicalization and violent extremism.

Leman-Langlois, a professor at Université Laval in Quebec City, says what is particular about Quebec is the increased surveillance by authorities since two terror attacks last fall with ties to the province. Another factor may be what he calls an anti-Muslim sentiment in the province.

Educating youth is one key, but so is a clear strategy to fight the Islamic State of Iraq and the Levant's online propaganda, says André Gagné, a Concordia University religion professor.

"The best way is to provide a different narrative," said Gagné, who speaks on religious extremism. "We need as a society to give hope to people, to help them find their meaning and their way." THE CANADIAN PRESS

STATEMENT

Collège de Maisonneuve, a junior college, confirmed that four of the 10 arrested were students at their institution. The school said it has been dealing with the indoctrination of students, but that it doesn't have any say on what happens outside its walls.

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An agency of the Government of Ontario

Notice of Commencement

Finch West Maintenance and Storage Facility
Environmental Project Report

The Project

Metrolinx, an agency of the Government of Ontario, is proposing to construct a Maintenance and Storage Facility (MSF) to serve the Finch West Light Rail Transit (LRT) line in the City of Toronto. The purpose of the MSF is to store and maintain the light rail vehicles that will operate along the Finch West LRT corridor with an allowance for maintenance and storage of light rail vehicles that will operate on a future Jane Street LRT. The MSF will accommodate a maximum of 75 light rail vehicles.

The site is located on 8 hectares (20 acres) of vacant land owned by Metrolinx on the north side of Finch Avenue West in the City of Toronto between Norfinch Drive to the west and York Gate Boulevard to the east.

In 2010, the Minister of the Environment and Climate Change issued a Notice to Proceed for the Finch West LRT, a 17 kilometre LRT line extending from Humber College in northern Etobicoke to Yonge Street. The Environmental Project Report prepared for that project identified the location of the MSF as a potential site to store and maintain light rail vehicles, but the report did not address the potential effects of the MSF. Consequently, a new assessment of effects is required for the MSF.

The Process

The environmental impacts of this transit project will be assessed in accordance with the Transit Project Assessment Process as prescribed in Ontario Regulation 231/08, Transit Projects and Metrolinx Undertakings. As part of the Transit Project Assessment Process, an Environmental Project Report for the Finch West MSF is being prepared. All information produced as part of this project is available at **www.metrolinx.com/finchwest**.

Consultation

Members of the public, agencies and other interested persons are encouraged to participate actively in the transit project assessment process. Metrolinx will be hosting a public meeting and the public will be invited to review information about the MSF, the potential effects and the measures incorporated to mitigate those potential effects.

Additionally, throughout the environmental assessment period, the public may provide comment, request to be added to the project mailing list or obtain more information by contacting Metrolinx staff as follows:

Les MacDermid, P.Eng., Senior Project Manager
5160 Yonge Street, Suite 300
North York, ON M2N 6L9
tel: 416-228-9392
e-mail: les.macdermid@metrolinx.com

Renée Pettigrew, MCIP, RPP
Manager, Impact Assessment and Permitting
5080 Commerce Boulevard
Mississauga, ON L4W 4P2
tel: 905-712-7077
e-mail: renee.pettigrew@aecom.com

Under the *Freedom of Information and Protection of Privacy Act* and the *Environmental Assessment Act*, unless otherwise stated in the submission, any personal information such as name, address, telephone number and property location included in a submission will become part of the public record files for this matter and will be released, if requested, to any person.

For more information:

Email: finchwest@metrolinx.com
Web: www.metrolinx.com/finchwest
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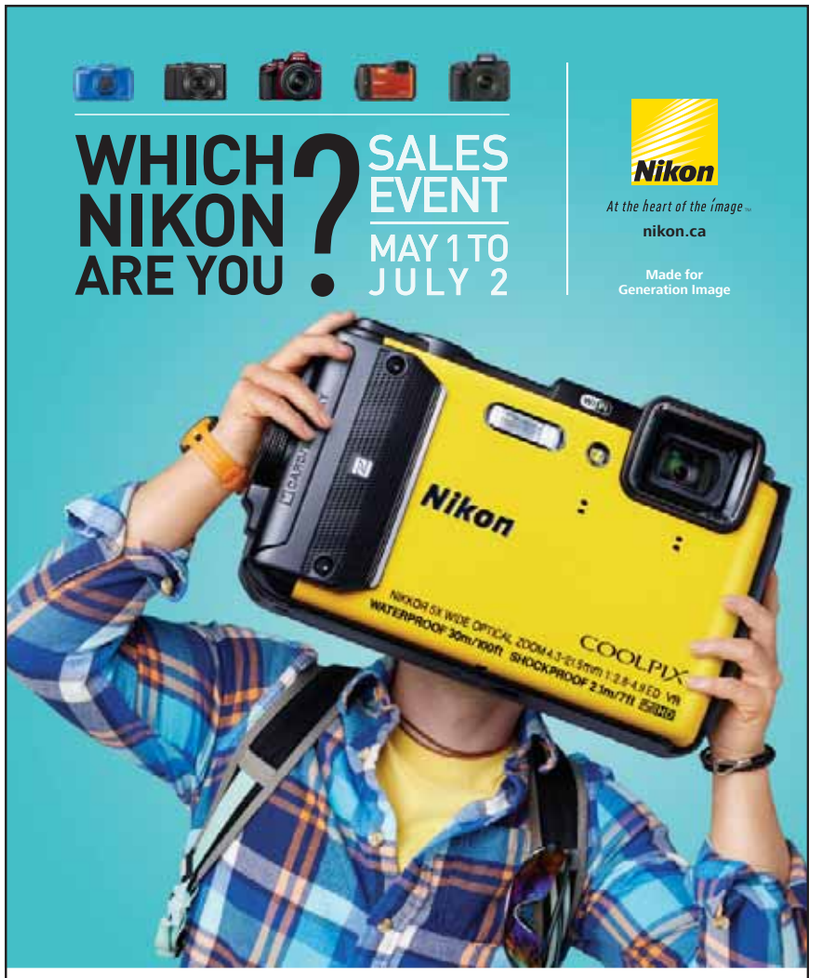

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MIGRANT CRISIS INDONESIA, MALAYSIA OFFER SHELTER TO BOAT PEOPLE Migrants wait to be rescued by Acehnese fishermen on their boat on the sea off East Aceh, Indonesia, Wednesday. In a potential breakthrough in Southeast Asia's humanitarian crisis, Indonesia and Malaysia offered Wednesday to provide temporary shelter to thousands of migrants stranded at sea after weeks of saying they weren't welcome. But they appealed for international help, saying the crisis was a global, not a regional, problem. S. YULINNAS/THE ASSOCIATED PRESS

U.S. releases seized bin Laden papers

DECLASSIFIED DOCUMENTS

Include letters to wife, terror applications

During his years in hiding, Osama bin Laden urged followers to concentrate on attacking Americans and wrote bittersweet letters to one of his wives and his children, according to documents released Wednesday by U.S. intelligence officials.

The documents were seized in the al-Qaida leader's compound during the raid in which bin Laden was killed. More than 100 were declassified and published online.

The documents include a fill-in-the-blanks job application for terrorist candidates that ranges from typical questions about education and hobbies to "Do you wish to execute a suicide operation?"

Altogether, the 103 papers and videos add new texture to the world's picture of the mastermind of the Sept. 11 terror attacks, much of it in his own words.

They include videos and images of letters in Arabic, with the English translations by intelligence officials.

The material was recovered in the May 2011 raid on bin Laden's compound in Abbottabad, Pakistan, the Office of the Director of National Intelligence said. It said it was being made public after a rigorous review by government agencies, as required by a 2014 law.

U.S. officials had said at the time of his death that they believed bin Laden had become so isolated in his hideout that he no longer exercised the level of control over al-Qaida operations that he had in the past.

In one letter, bin Laden urges one of his deputies to inform "our brothers" they must keep their focus on fighting Americans. Their "job is to uproot the obnoxious tree by concentrating on its American trunk, and to avoid being occupied with the local security forces," bin Laden writes.

Another bin Laden letter mocks President George W. Bush's "war on terror," saying it had not achieved stability in Iraq or Afghanistan and questioning why U.S. troops were "searching for the lost phantom" — weapons of mass destruction in Iraq.

No date is included on the U.S. translation. THE ASSOCIATED PRESS

IN BRIEF

Oil slick spans miles off California coast

Slicks of oil that spilled into California coastal waters from an onshore pipeline spanned a total of nine miles Wednesday, and a company official said the line was operating at full capacity when it broke, suggesting much more oil escaped than initially estimated.

The oil that spilled Tuesday off southern Santa Barbara County formed two slicks, said Coast Guard Capt. Jennifer Williams, one of two federal response coordinators. THE ASSOCIATED PRESS

MIDDLE EAST

Israeli PM cancels segregated buses

Prime Minister Benjamin Netanyahu on Wednesday cancelled a plan that would have banned Palestinian labourers from riding on the same buses with Jewish settlers in the West Bank, just hours after it was announced — an embarrassing about-face that reflected the tensions enveloping Israel's new government.

The inauspicious start for Netanyahu's hard-line government illustrated the difficulties that loom as it tries to advance a pro-settler agenda in the face of rising global outrage and domestic criticism.

The reversal came as the European Union's foreign policy chief, Federica Mogherini, was in town. The EU has taken a tough stance against settlements built on lands claimed by the Palestinians.

As the bus plan was unveiled, Israeli critics across the political spectrum derided it as racist, with one opposition politician comparing it to "apartheid." THE ASSOCIATED PRESS

A gay-rights mural decorates the side of a building in Dublin on April 23. THE ASSOCIATED PRESS

Irish set to vote on gay marriage

HUMAN RIGHTS

Referendum will be world's first on same-sex rights issue

Gays in Ireland often have faced a stark choice between leading secret lives or emigrating to more liberal lands.

This week, the Irish could turn that tradition on its head and vote to legalize same-sex marriage in the world's first national referendum on the matter.

The campaign ahead of Friday's constitutional referendum has featured searing testimonies designed to make the voters of the predominantly Roman Catholic nation look in the mirror.

Members of many of Ireland's most prominent families have come out of the closet in hopes of challenging their neighbours' attitudes toward homosexuality.

The contest has pit the waning power of the Catholic Church against the secular-minded government of Prime Minister Enda Kenny.

Gay marriage is legal in 19 countries, including Britain and most of the United States. Three U.S. states used referendums to help enact their laws, but Ireland is the first to hold a nationwide popular vote. THE ASSOCIATED PRESS

IN BRIEF

NSA may have to wind down bulk data collection

The U.S. Justice Department warned lawmakers that the National Security Agency will have to wind down its bulk collection of Americans' phone records by the end of the week if Congress fails to re-authorize the Bush-era Patriot Act.

Faced with the law's expiration on June 1, the department circulated a memo on Wednesday that described the powers that will lapse and the actions NSA will have to take in advance to avoid legal challenges. The House of Representatives has already passed a bill that would change the way phone records are collected. THE ASSOCIATED PRESS

UNITED KINGDOM

1,400 suspected in child sex abuse probe

A national U.K. police group looking into potential links between multiple British investigations into past child sex abuse said Wednesday that more than 1,400 suspects have been identified.

The National Police Chiefs' Council, which co-ordinates separate abuse allegations across Britain, said 261 suspects were "people of public prominence."

Most of the others were said to be offenders who operated inside schools, children's homes and religious bodies. Of the total, 216 are dead.

Norfolk Chief Constable Simon Bailey said the referrals were "increasing on an almost-daily basis." He added that revelations about the scale of abuse by late children's entertainer and charity fundraiser Jimmy Savile "no doubt" had an impact on the unprecedented number of allegations.

An official inquiry is underway, looking into whether British public agencies had neglected or covered up abuse allegations from the 1970s. THE ASSOCIATED PRESS

DETAILS

Police said the suspects included 76 politicians, 135 people from TV, film or radio and 43 from the music industry.

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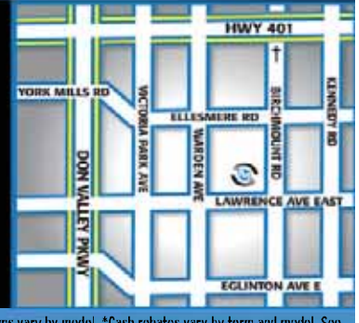

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A dolphin jumps in a small cove in Taiji, Japan, in this 2010 photo. KOJI SASAHARA/THE ASSOCIATED PRESS

Taiji dolphin hunt 'cruel'

JAPAN

Campaign has grabbed Hollywood stars' attention

Japan's aquariums promised Wednesday to stop acquiring dolphins captured in a bloody hunt that was depicted in the Oscar-winning documentary The Cove, and which has caused global outrage.

The move by the Japanese Association of Zoos and Aquariums (JAZA) follows a decision last month by the Swiss-based umbrella group World Association of Zoos and Aquariums (WAZA) to suspend the Japanese organization's membership.

WAZA characterized the Taiji hunt as "cruel" and decided that none of its members should acquire dolphins in such a way.

In that hunt, dolphins are scared with banging, herded into a cove and speared by fishermen for their meat. The best-looking ones are sold to aquariums.

In a letter to WAZA, the Japanese group, which comprises 89 zoos and 63 aquariums, said it would abide by WAZA's decision.

"It is our wish at JAZA to remain as a member of WAZA," chair Kazutoshi Arai said in a letter addressed to WAZA President Lee Ehmke.

The campaign against the Taiji hunt has drawn Hollywood stars as well as the anti-whaling group Sea Shepherd.

The latest move was welcomed by animal-welfare groups.

"This momentous decision marks the beginning of the end for dolphin hunting in Japan," said Sarah Lucas, the CEO of Australia for Dolphins.

Officials in Taiji, a small fishing village in central Japan, and fishermen have defended the hunt as tradition, saying that eating dolphin meat is no different from eating beef or chicken.

Groups such as Australia for Dolphins argue that dolphin meat does not provide enough monetary incentive to keep the hunts going, but dolphins are sold to aquariums and marine shows for thousands of dollars.

WAZA did not immediately respond to a request for comment. THE ASSOCIATED PRESS

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IN BRIEF

BASE death caught on film

A 73-year-old BASE jumper who died after leaping from an Idaho bridge had set his parachute on fire as part of a stunt, authorities say.

A graphic video of the fatal jump, posted to YouTube on Monday, shows someone engulfed in flames and falling from the Perrine Bridge into the Snake River, 500 feet below. James E. Hickey had apparently planned to ditch the flaming parachute and deploy a second chute in the May 7 stunt.

THE ASSOCIATED PRESS

IN BRIEF

Protest shuts restaurant near McDonald's HQ

McDonald's shut down a restaurant near its headquarters in Oak Brook, Ill., Wednesday after the area was swamped by hundreds of protesters calling for pay of $15 US an hour and a union.

The restaurant was closed because of traffic concerns, said Heidi Barker Sa Shekhem, a spokeswoman for McDonald's. The company also told employees in a building targeted by protesters they should work from home, she said.

THE ASSOCIATED PRESS

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Spotify gets into video streaming

ONLINE SERVICES

Digital music leader goes up against Netflix, Hulu, Amazon

While asserting it is still a music company at heart, Spotify says it is expanding its lineup to include podcasts, news radio and video streaming.

The company says it wants to help people create a soundtrack for their day that includes not only music but videos, newscasts and other content.

Spotify offers free streaming music and also a premium service for a monthly fee.

Spotify enters a competitive market for video streaming dominated by Netflix, Amazon and Hulu and getting more crowded with the arrival of companies like HBO.

Spotify's service is a "logical extension of the company's success in digital music streaming, since these are complementary businesses that use much of the same technology infrastructure, marketing expertise and vendor relationships," said Paul Verna, senior analyst at research firm eMarketer.

Verna said the manoeuvre suggests Spotify "sees a business opportunity in digital video advertising, which is a much larger and faster-growing sector than Spotify's core business of digital music."

THE ASSOCIATED PRESS

CEO Daniel Ek announces Spotify's entry into video and original content on Wednesday. DON EMMERT/AFP/GETTY IMAGES

LAUNCH

CEO Daniel Ek said the new service launched Wednesday in the U.S., U.K., Germany and Sweden. There's no word yet on a Canadian launch date.

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metro VIEWS
Your essential daily news
Thursday, May 21, 2015

Bloc needs a saviour to survive

POLITICS
Chantal Hébert

The Parti Québécois chose media tycoon Pierre-Karl Péladeau as its leader last Friday, based on the belief he would breathe new life into the flagging cause of sovereignty and do so quickly.

For the baby boomers who make up the backbone of the PQ, time to reach the coveted destination of independence is of the essence.

But unless the Bloc Québécois rises from the dead next October, the first Quebec vote to take place on PKP's watch will turn into yet another sovereigntist wake.

At this juncture, resurrecting the federal party is lining up to be a tall order.

The Bloc has not been in first place in voting intentions since its 2011 defeat at the hands of the NDP. Provincewide, it usually ranks third behind the Liberals and the NDP, just ahead of the Conservatives. Because the Conservatives' support is heavily concentrated in the larger Quebec City area, Stephen Harper's party is currently favoured to win more seats than the BQ next fall.

With only one MP running for re-election and in the absence of a leader in the House of Commons, the Bloc has on occasion gone for weeks since 2011 without rating more than a passing mention in the mainstream Quebec media.

Almost a year into the tenure of sovereigntist activist Mario Beaulieu, the latest Bloc leader remains unknown to many Quebec voters.

Most of them will see him in action for the first time on the podium of the French-language election debate(s) this year. His own election campaign, in a Montreal inner-city riding currently represented by the NDP, is expected to be an uphill battle.

The Bloc would need the political equivalent of divine intervention if it is to avoid being unceremoniously consigned to the dustbin of history next fall.

For many sovereignists, that divine intervention is expected to take the shape of an incoming PQ leader considered by more than a few of his followers to have the ability to walk on water.

If he could, Péladeau might be tempted to pass on a potentially programmed-to-fail rescue mission. He is a late convert to the merits of a sovereigntist presence on Parliament Hill.

Early in his leadership campaign, he voiced doubts as to the relevance of the Bloc, only to have to backtrack in the face of a nascent backlash within party ranks.

Now — and whether he likes it or not — the upcoming federal election is poised to be the first real-life test of his capacity to nurse sovereigntist fortunes back to health.

If only for the sake of the fractious movement he is trying to reunite behind him, Péladeau would be hard-pressed to sit out the federal campaign while the PQ's sister party fights for its life.

A fatal Bloc defeat would take wind out of Péladeau's sails, but sitting on his hands while the federal ship sinks could compound the damage.

PKP has, after all, promised to make the pursuit of sovereignty his overriding concern. As it happens, that has also been Beaulieu's mantra. He has now taken to quoting his new PQ partner at every opportunity.

The Bloc is the only sovereigntist option on the federal ballot. In theory, voting for the party should be a no-brainer for anyone partaking in a PKP-induced sovereigntist revival.

After all, when it comes to supporting sovereignty in the abstract, casting a ballot for the Bloc comes second only to telling a pollster that one would vote yes in the hypothetical event of another referendum.

A fatal Bloc defeat would take wind out of Péladeau's sails, but sitting on his hands while the federal ship sinks could compound the damage.

As of last weekend, according to Léger Marketing, the proportion of yes voters stood at 42 per cent and support for the PKP-led PQ at 34 per cent. If he has even a fraction of the power of attraction that his supporters believe, should not Péladeau's presence in the sovereignist window bring enough traffic to the Bloc to keep it in business?

Not that the PQ does not have a script ready for any federal outcome.

Over the past two decades it has always cast the Bloc's successes as great omens for sovereignty and its setbacks as meaningless ones for its cause. The reverse has tended to be true.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD
metroview

To keep friendships, we need to embrace the complications

This is the Age of Friendship.

Perfect love has been outed as a lie, marriage is not obligatory, and sexual relationships can be as varied and short-lived as the weather.

Families have been scattered across the globe, replaced by the rise of the "chosen family," and Statistics Canada has reported that we're more likely to see friends over family in any given week.

The friend is the dominant relationship of our time, and we're gathering more of them. But don't expect this era to be any less fickle.

Yesterday, Statistics Canada revealed that the number of Canadians with three or more close friends rose to 75 per cent in 2013, versus 70 per cent in 2003. Among 25- to 34-year-olds, 70 per cent have more than 10 other friends or acquaintances, up from 58 per cent a decade before.

Yet no one tells you, when you start making all these friends, how frequently the relationships will change.

Growing up, I believed friends would be the safety blanket of adult life, the constant, forgiving companions. Lovers come and go, but friendship is forever, I was told.

But it's not always true. And we should be honest about it.

Yes, there are efforts to show the complexity of friendships (the new novel Friendship, the best-friend breakup movie Frances Ha and the TV show Girls) but they're hardly enough to dispel our assumptions of the cemented, enduring friendship.

And when I found myself one day realizing I was drifting from a friend I believed would love me forever, it was a shock.

When I have moved cities and left behind people I saw daily, I've worried that it's my fault if intimacy is lost. When close friends have fallen in love, when they've changed, or when I've changed, the friendship doesn't hold steady. It morphs. And sometimes it dies.

There's hardly ever a clean break, the "it's not you, it's me" conversation, which Natalie Kon-yu, co-editor of a collection of essays on female friendships called Just Between Us, has noted. Shame over the loss can linger. It's one thing for love to die, but who discards a friend?

Yet in 2009, Dutch researcher Gerald Mollenhorst found that we do change friends — about half of them every seven years.

If we want to keep the friends we have now, we'd better get real about how complicated those relationships can be. And if we should lose some of them, it shouldn't be a source of shame.

Life, and friendship, is just that messy.

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The new normal is there is no normal when it comes to weddings, says Toronto-based wedding planner Tracey Manailescu. Want to celebrate your second marriage in a cape on a bicycle like singer Solange Knowles? Go for it. Is a yellow dress and a canoe à la actress Amber Tamblyn more your style? Why not? Here's how to uniquely celebrate without going into debt till death do you part.

Something borrowed
Manailescu suggests renting your dress or buying a used one. She's So Beautiful in Brantford, Ont., is a good place to start, advises the expert. And the site RentfrockRepeat.com has a wide range of non-traditional options.

Roses are red, violets are blue — and they will cost you
Flowers are another area where couples are shocked by the blooming costs, says the wedding planner and trainer.

Commit (to a budget)
Guesstimate how much things will cost and then go ahead and assume it will cost 25 per cent more than that. Then stick to that number.

Vow to keep it simple

SLAPDASH AFFAIR

How to save 20K+ and plan your wedding on the fly

Melissa Dunne
Metro | Life

"You bought your wedding dress online?!" exclaimed my seamstress.

"Yes," I murmured, suddenly turning the shade of a ripened tomato and rambling on about how it's a casual affair, we've been together almost a decade and it's a waste of money to spend a small fortune on something you'll wear once.

Later, The Fiancé and I went to a local florist. When she asked which colours I wanted I said: "I dunno… red?" She exclaimed: "Red? At a June wedding?!"

A pattern was emerging. Planning a wedding on a whim was causing members of the public to lose it. Both times these women literally shrieked their disapproval at my plans I thought to myself: "THIS is exactly why I've always wanted to elope."

The amount of furrowed brows and not-so-silent judging has been a surprise. On Instagram and Pinterest it looks like everyone is happily opting for floral crowns, coloured dresses, suspenders and polka-dot bow-ties while everyone beams with delight at their whimsical choices. But in real life, there is still significant shade thrown at couples eschewing the traditional princess dress and tux.

> **There is still significant shade thrown at couples eschewing the traditional princess dress and tux.**

Causing complete strangers' consternation wasn't the main reason it took so long for my cold feet to warm up to the idea of putting a ring on it. It was mainly the reported cost of those rings and the dress and the banquet hall etc., etc., etc.

Love don't cost a thing, but weddings sure do.

According to Weddingbells' annual reader survey, the expected cost of a wedding in Canada in 2014 was $31,685. Not to humblebrag, but we planned our wedding in five days and the whole thing will cost about $5,000. The Fiancé and I actually thought it'd be more like $3,500, but have found that the little things (like dress alterations and flowers) quickly add up.

One of the ways we are keeping the costs so low is by keeping the guest list to about 30 family and friends. With the average number of guests at 128, according to the survey, I now see how the numbers quickly balloon. But, still, the average couple couldn't really be spending the equivalent to a down payment on tying the knot? Could they?

Yes, they could.

The co-founder and vice-president of The Wedding Planners Institute of Canada says based on her experience, couples really are spending $30,000+ on nuptials. In fact, many of her clients spend more than that.

"It's usually about $27,000," says Tracey Manailescu, who trains the next generation of wedding planners and has been helping couples plan their trips down the aisle for more than fifteen years.

Oh, and the $27,000 is just for the vendors and food. Everything else, like the dress and honeymoon would be on top of that figure, she clarifies. Ouch.

After hearing those numbers I'm happy we committed to planning what a friend dubbed a "slapdash" wedding. But, is deciding to wed with less than two months' notice rude to our guests?

The rules when there are no rules

Manners maven Karen Cleveland also had a slapdash wedding by today's standards and assures me a last-minute event is just fine.

"My husband and I pulled ours together in four months," says the etiquette adviser at MannersAreSexy.com. "There's no right or wrong way to do things."

I sheepishly tell her we sent an e-vite to save money and time.

She says it's A-OK to send a digital invitation in the Digital Age.

Mentioning the registry, or lack thereof in our case, on the other hand …

The Fiancé insisted it was rude to mention the topic of registries or money at all, while I insisted we spell it out for guests in the e-vite, arguing it's ruder to force people to ask us directly.

Cleveland says The Fiancé was right and I was wrong (I'm turning red all over again!) The polite thing to do is not to mention money or gifts at all. Wait until people ask, she advises.

Cleveland adds couples should not expect guests to "pay their way."

Guests are just that — focus on giving them a good time, not on what they might give you, she advises. I couldn't agree more.

OK, there is one rule

While the manners expert is surprisingly open-minded when it comes to weddings she does have one iron-clad rule. Write handwritten thank-you notes to every guest.

"No email thank-yous," she says sternly.

With just over four weeks to go until I say "I do," I'm sure I'll get scolded for breaking a few more unspoken rules along the way. For the record: I'm going with a mix of daisies and white roses — not a red flower in sight.

Turns out picking flowers and dresses is not that different than picking out one person to spend the rest of your life with (eek). At some point you just have to trust your gut, close your eyes and take the plunge — trusting it will all work out in the end.

Or, you could just elope.

What last-minute weddings lack for in money and time can be make up with creativity. ISTOCK

Looks to put spring in your step

FROM HOLLYWOOD TO YOU

Star stylist shares key fashion trends for the season

From the Oscars to the recent Met Gala, Cristina Ehrlich has played a pivotal role in dressing several of Hollywood's leading ladies for marquee events.

Tina Fey, Penelope Cruz, Julianna Margulies, Margot Robbie and Girls star Allison Williams are among the actresses on the stylist's client roster.

"I think it's really just about having that understanding that you're there to make them feel super comfortable, make sure that you're hearing what they're saying," said Ehrlich, who was ranked among the Top 25 power stylists by The Hollywood Reporter.

"I think it's really important not to push a client into something she doesn't want to wear, or if she's not sure and you're not sure, to be honest about it and say, 'Let's move on.' Because at the end of the day, there's always another dress."

Ehrlich was recently in Toronto for a showcase of the Marshalls spring-summer collection, which highlighted fashions inspired by her star clients. Below, she reveals how women can channel the trends into their spring wardrobes.

THE CANADIAN PRESS

Embellished crop top ($24.99)

Mix Masters

Robbie doesn't shy away from prints but if you're mixing them, Ehrlich suggests finding commonality in the colours, such a dominant white base.

"I think you have to look at the colour palette that you're mixing, and if you're doing baby blue and cream, maybe grey and purple will work," she said. "I think it's just one of the things where your eye looks at it and it makes sense or it doesn't."

Designer sheer panelled pencil skirt ($129.99)

Leather envelope clutch ($79.99)

Modern Femme

The fun approach to feminine fashion comes to the fore in outfits worn by Mad Men star and Montreal native Jessica Paré.

Ehrlich suggested opting for a form-fitting dress, and said women don't need to shy away from mixing metallics, notably in accessories.

"A couple of years ago, I would have thought the biggest no-no in the world is ... a gold evening bag ... paired with silver shoes. That's really just to show you now that there really are no rules and you can mix metal colours, too."

Metallic sneaker ($49.99)

Tortoise shell sunglasses ($29.99)

The Power Dresser

Embodied by stars like Margulies and Williams (pictured), the trend incorporates menswear-inspired pieces that can pair well with chic, feminine designs.

Ehrlich suggested teaming sleek separates like a blazer or flared trousers with bold statement accessories.

She said a prime example of the trend is sporting a jacket slung over a little black dress. Her choice LBD selection? The peplum, the ruffle or short overskirt that attaches to the waistlines of garments.

Collarless blazer and crop top ($34.99 and $59.99)

ALL ITEMS FROM MARSHALLS; PHOTOS: GETTY IMAGES; HANDOUT

FESTIVAL MAKEUP LOOKS

Cannes brings out the cat eyes, smoky eyes and luscious lips

After keeping things natural and subtle at the start of the Cannes Film Festival (headbands, nude makeup), celebrities broke out their more glamorous beauty looks over the weekend. The gaze is emphasized by smoky shadow or cat-eye liner, while classic red hues and shiny glosses bring out the lips.

While designer gowns may claim most of the attention on the red carpet, makeup is an equally essential element that can make or break any look. Before climbing the famous steps at the Palais des Festivals, celebrities must plan their look to avoid mishaps, keeping in mind the potential threats of rain, wind and possibly even tears.

During the first weekend of Cannes 2015, celebrities went for classic Hollywood glamour, sporting dark and mysterious eyes, pin-up girl lips and refined up-dos on the red carpet.

Smoky shadow vs. the cat-eye flick

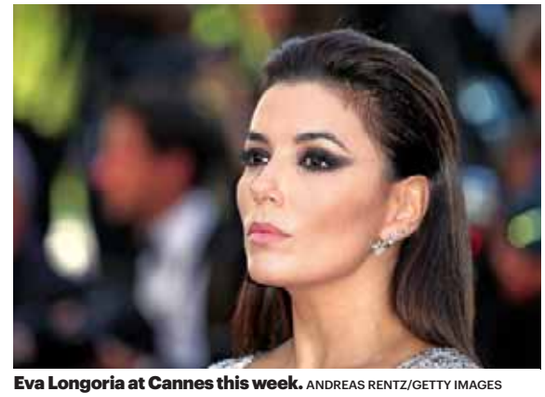
A timeless technique, the smoky eye is still big on the red carpet at Cannes this year, though beauty-savvy celebrities know not to overdo it. Black and charcoal eyeshadows are still a popular choice, along with grey, olive green and burgundy shades. Eva Longoria, Sophie Marceau and Sienna Miller were all spotted wearing smoldering smoky eyes this weekend.

Meanwhile, some celebrities opted for more natural eyeshadow shades, leaving the drama to the liner with a cat-eye effect. Natasha Poly and Svetlana Khodchenkova were among those wearing a feline flick on the outer corners of their eyes.

Gloss vs. red lips

At the Cannes Film Festival just like anywhere else, the same rule of thumb applies: Dark and dramatic eyes call for more subtle lips (nude shades or a simple gloss), while dark lips call for more natural eyes. For the most part, celebrities stuck to this formula, meaning that red carpet beauty looks alternated between glamorous red lips and glossy pouts in pale pink.

Among those who chose red lipstick for a more sensual smile were Sienna Miller, Aishwarya Rai and Maïwenn, as well as Sonam Kapoor, whose lips popped in a red-orange shade. Salma Hayek, Diane Kruger and Naomi Watts, on the other hand, simply wore a touch of gloss for a natural shine. AFP



Eva Longoria at Cannes this week. ANDREAS RENTZ/GETTY IMAGES

Giving Up is a case study on the resentments that develop in a one-sided relationship. ISTOCK

When his ambition overshadows hers

DEBUT NOVEL

Author Mike Steeves puts the spotlight on failure in Giving Up

Amber Shortt
Metro | Life

Mike Steeves had spent eight years working on a novel when he received some advice from a writerly friend: Give it up.

"I had been writing since I was quite young and hadn't managed to accomplish anything to the degree that I kind of hoped," says the Steeves, 36, who lives in Montreal with his wife.

Steeves followed the friend's advice, and instead began to explore his feelings of failure surrounding the project — and the impact such an endeavour has on a relationship.

The result is Giving Up, his debut novel released last week — a he-said-she-said story following James and Mary, a youngish, middle-class couple living in an apartment in a never described city.

James is obsessed with finishing his "life's work," while Mary is consumed with James and their troubled efforts to start a family.

The story unfolds over a few hours as two seemingly ordinary events (a trip to the bank and a run-in with a stray cat) force them to confront each other and how their lives and relationship haven't lived up to expectations.

"I think the generation I belong to has been set up to expect perhaps more than is reasonable," says Steeves, pointing to a capitalist economy that constantly bombards us with reminders of what we don't have.

Social media doesn't help. James and Mary both struggle with comparisons to their peers, but for Mary those anxieties are amplified by Facebook. Seeing pictures of her friends makes her feel envy and shame, telling us, "even though I know it doesn't make any sense I feel like they've abandoned me."

The reader feels the anxiety as the novel is told with extreme attention to detail — and no paragraph breaks — through the couple's inner thoughts. It's structured in three parts, first from the perspective of James, then Mary, then interweaving between James and Mary.

It's an oftentimes funny, heartbreaking and infuriating case study of the resentments that develop when one person's ambition take up most of the room in a relationship — and book, as James gets at least a third more headspace than Mary.

"This was pointed out to me by my wife after she read the manuscript," he says. "She said it's pretty clear the book is more about James than it is about the two of them."

But it's through this imbalance that the novel explores themes of the subtle misogyny that often still exist in a modern, heterosexual relationship.

Mary at one point comments with annoyance how James thinks, "he is actually explaining my own thoughts to me so that I can understand them more fully."

> **I think the generation I belong to has been set up to expect perhaps more than is reasonable**
> Mike Steeves

And James ruminates over what he once saw as Mary's dedication to his life's work ("there was never a question that everything she did upstairs was in service to the work he is doing below").

"What it comes down to is James, and what he wants is very much rooted in a fiercely personal ambition. And you know, you could probably use another word to describe that, which is narcissism," Steeves says.

In contrast, Mary "needs other people to accomplish what she hopes to accomplish and so she's necessarily reliant upon her husband in a way that he doesn't believe he's reliant on her — the emphasis being on *believe*."

FICTION

Beneath the violence, debut novel is a tender love story

BOOKWORM

Sue Carter

At just 32, Danila Botha has lived in more places than most of us will ever dream of.

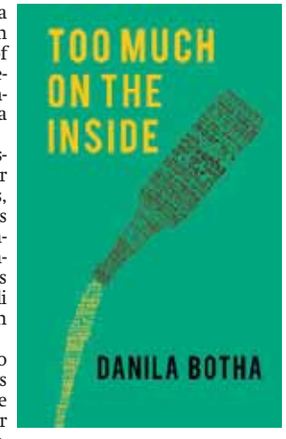
The Johannesburg-born author, who's resided in South Africa, Israel and Canada, knows first-hand it doesn't matter how many thousands of miles you travel, the old cliché is true: You can't escape your past.

That harsh reality is at the core of Botha's debut novel Too Much on the Inside, published by Quattro Books. Set in Toronto's gritty Parkdale neighbourhood, the story burrows deep inside the heads of four 20-somethings as they fumble through tumultuous relationships in hopes of finding happiness in their adopted home.

The inspiration for the novel hit when Botha was living in Halifax for university. While on a bus, she met a young man who shared the story of losing his daughter because of a crime he committed when he was a teenager.

His sorrowful confession became the basis for Botha's character Lukas, a Nova Scotian who hides the truth about his incarceration behind anger, often directed at his girlfriend Nicki, an Israeli bar server with her own secrets.

While Botha — who spent childhood summers in Israel and taught there for several years — never experienced shocking violence like her character, she does share conflicted feelings over what's happening in her ancestral country.



"I wanted to write about politics but from a very personal, emotional point of view. I didn't want to make a statement," says Botha, who lives in Toronto.

Nicki's co-workers — the philandering Brazilian bartender Dez and the tough South African former ballet dancer Marlize — also struggle to move on. In particular, Marlize, who is still recovering from a horrific rape while living in Cape Town, a place Botha has grown to love despite its prolific crime.

"Cape Town is such a beautiful city, but violence happens to people there every day, all the time," says Botha.

"I was interested in writing not just about the attack, but what happens to people after. How do you go back to living life, or start a new life?"

Danila Botha

Despite its violence, Too Much on the Inside is really a tender love story. While Botha enjoyed writing about the thrills of new relationships, she can't imagine travelling back. "I'm more confident than I was in my 20s," she says.

"I don't know if when you're older you don't have as much time to think about things, or you just get on with life, but I'm definitely happier."

Sue Carter is the editor of Quill and Quire magazine

BOOK NOTES

Reading material for music fans

- Music lovers should check out Boring Girls, the debut novel by singer Sara Taylor, in which a young woman comes of age thanks to heavy metal (and a killing spree).
- For those who worship at the altar of Nirvana, there's Lynn Crosbie's Where Did you Sleep Last Night, a fantastical tale about a grunge-obsessed "Walmart goth" who conjures Kurt Cobain.
- Andrew Hood's biography, Jim Guthrie: Who Needs What, investigates how the beloved Guelph musician has quietly become a cult figure in the Canadian indie music scene.

YouTube star dishes on Real Life

JOEY GRACEFFA

Sunny personality shares his darker side

Emily Laurence
Metro | New York

With 4.4 million subscribers, 24-year-old Joey Graceffa has garnered a dedicated fanbase through his gameplay videos and vlogs. On YouTube, his personality is sunny and upbeat, but Graceffa's new memoir (out today) shows that his life has been far from easy.

Family secrets
Graceffa talks candidly in the book about growing up with an alcoholic mother.

Some of the scenes are violent and intense and he says they were not easy to write.

"There are definitely some moments where I talk about my mom that I had never shared before with anyone — even my family — and it's being talked about in the book," he says.

"I (used to) keep those moments in the back of my head and I thought there were going to go away, but by writing this book, it really healed a lot of the wounds that I didn't even realize were there."

A teaching moment
He also shows what it's like to grow up with an autistic brother, whom he's still close with and very protective of.

"So many people are just unaware of what autism is and how it affects people," he says.

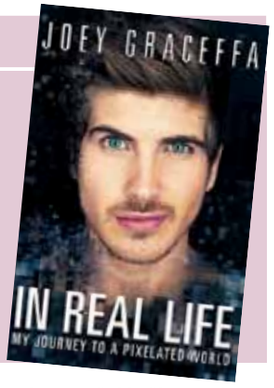
"I've seen people not know who are afraid of interacting with an autistic kid and it's just because they don't know how. I don't want my brother or any other kid out there who is dealing with (a learning disability) to feel like they're less of a person than anyone else."

In Real Life is not only an eye-opening read, it's a good reminder to young adults that they don't really know the people they follow on YouTube or Instagram as well as they think they do. What happens In Real Life is a more complicated story.

COMING OUT

A big question from fans
Graceffa says his sexuality has always been one of the biggest questions his fans had for him but the book is the first time he's answering the question that, in his words, everyone wants to know.

"I'm definitely very, very excited," he says. "It will allow me to be more honest and open with everyone."



Joey Graceffa shares his story of growing up with an alcoholic mother in his new memoir In Real Life . GETTY IMAGES

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3 NOVELS TO RESTORE YOUR FAITH IN DATING

Heartbroken? Just sick of trying? Being single and living in the city may sound glamorous to your married high school friends, but for those still in the game, it's also exhausting. Cancel that date you're on the fence about and stay in with one of these novels.

EMILY LAURENCE/METRO NEW YORK

1 Burnt out by online dating?

Hinge, OKCupid, Tinder, Purrsonals (Yep, it exists)... You're sick of scrolling through endless mediocre profile pics looking for your perfect "match." Can't you just meet your next crush at the bookstore?

The protagonist in Love and Miss Communication by Elyssa Friedland feels you. A 34-year-old lawyer, she's overworked and sick of online dating.

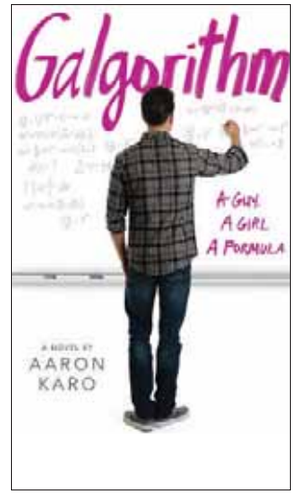
After a double whammy of bearing both professional and romantic blows, she vows to stay offline until she turns 35. She never would have predicted what happens next.

2 Think all men are pigs?

If you've been cheated on, broken up with through a tweet or the guy you were kind of dating just stopped texting you, you're probably feeling more than a little let down by the opposite sex.

Galgorithm by Aaron Karo about a heartbroken high school guy, is a good reminder that girls can be mean, too.

After getting his heart crushed, Shane develops a formula — hence, the book's title — that turns him into a dating guru. Of course drama ensues as he tries to use the formula to follow his heart and find his one true love. Not all guys want to be players.



3 Guys can't handle you?

If you have your s—t together, but it seems like all the guys you meet want to date a shrinking violet, you'll relate to Delia.

Just after she proposed to her boyfriend Paul, she gets a text from him that he meant to send to ... someone else.

It's Not Me, It's You, by Mhairi McFarlane is about how she picks herself back up after discovering his cheating and learns to lean on herself — and some really good friends.

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WOMENS / MENS

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Frank talk from Honest Toddler mom

Bunmi Laditan with two of her three kids. KANTINKA RUBIN MICHAUD

PARENTING ADVICE

In new book, Bunmi Laditan gets real about raising kids

What are toddlers? In the addled brain of Bunmi Laditan, the mom of three behind the cheeky Honest Toddler on Twitter, they're a "cross between a sociopath, a rabid animal, a cocker spaniel, a demon and an angel."

Depending on the time of day and the last time they ate something.

Laditan, 31, has flipped the table on her tiny, mouthy social media persona for a funny new book full of frank-and-worthy insights for parents. The book — Toddlers (It's Not Your Fault) are A**holes — came out in April from Workman.

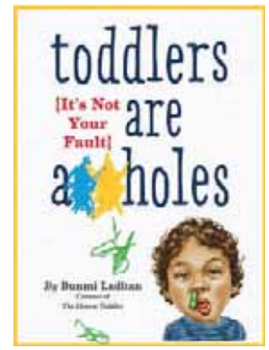
The Quebec mom home herding two girls, ages 9 and 5, and a two-year-old boy, has good company in the parenting-is-hell genre. Among the latest are Adam Mansbach's You Have to F-g Eat, a follow to his massively popular Go the F— to Sleep, and I Heart My Little A-holes by Karen Alpert.

So much parenting advice, Laditan said, is way too shiny. It doesn't reflect the trenches and also sets up standards of perfection that serve to shame rather than feed the souls of people raising kids. Drunken, cursing satire takes some of the pressure off, she said.

"Everyone's always projecting their best selves on Pinterest and Instagram and in so many of the parenting books. You know, there's a photo of a child sitting in the dandelion field eating an avocado in a white linen onesie. We know that child didn't eat that avocado. He had a Pop Tart on the way home. He ate it raw," Laditan laughs.

Six months after HonestToddler hit Twitter in 2012, Laditan had a deal for a book of the same name. Among chapters of her trash-talking new book are Mealtime aka Hell, Your Nonexistent Sex Life and Grooming Your Goblin. And among her favourite bits is how to play sleeping tiger with your toddler.

"It's where I'm the tiger on the floor and I don't make eye contact or speak to you. I just lay there and you just play around the tiger," she offers.



> **It's the rawest, crudest writing that I've ever done**
> Bunmi Laditan

So why would Laditan be thinking about a fourth kid?

"Because, the thing about it is, parenting is still fun," she said.

Lest young parents think it's all about them, times haven't changed much since her own mom was home in Berkeley, Calif., with Laditan and her three brothers.

"She used to tell my dad — I didn't know this — 'If you ever decide to run away, you need to take me with you because I'm not staying here with these four kids'." THE ASSOCIATED PRESS

AUTHOR Q&A

Did you have trouble coming up with fodder for the new book?

"I didn't! It just flowed. I write mostly at night. I pass out after the kids go to sleep around 8, then wake up around 10 or 11 and write until 3 a.m.

"It's a really good time to write because it's so quiet. Nobody's asking for a snack. Nobody needs help in the bathroom. Nobody's fighting. Nobody's trying to jump off the top of the couch and land in the ER. You know, just have some tea. Nobody's going to knock it over. It's the rawest, crudest writing that I've ever done."

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 36

What Letterman means to James Corden

LATE LATE SHOW

New host in his own words on impact David Letterman has had on his life

James Corden was a lonely Brit in New York when he discovered David Letterman. GETTY IMAGES

I didn't grow up here and David Letterman wasn't on in Britain. The first time I ever came to America was in 2006 for The History Boys on Broadway.

I was staying in what can only be described as an awful apartment in Manhattan, and about a month in I got incredibly homesick. I'd never been away that long before, and I would go home after every show while a lot of the cast would go out, I just wasn't in the mood for it.

I didn't know about this phenomenon of late-night television that airs at, you know, midnight and 11:30 every night.

I would get into bed feeling very homesick, not being able to call home or speak to my parents or sisters, and I would put the TV on and there was this guy.

I found a connection with him in the way that so many others have — and in a much deeper sense, over the last 30 years — where it suddenly became clear to me what the power of a late-night host is.

It is that you're checking in with a friend. And suddenly, that last hour of my day stopped being a time where I wished I could ring my parents but became a time where I would really look forward to seeing what this guy was going to do tonight or what he was going to say.

And he was talking to me — directly to me — in bed. And then I realized that the theatre was right around the corner. I didn't even know that! And so I would go and I would walk past it every day.

> **I would get into bed feeling very homesick, not being able to call home or speak to my parents or sisters, and I would put the TV on and there was this guy.** James Corden

If someone told me in 2006 that I would be the person following that show and have something to say, I would never have believed them.

And now I'm here saying I still sort of can't. It's not lost on me that it's an absolute honour to be in my position.

I don't know how long our show will last, but to think there might be somebody somewhere in one place who finds that connection with our show that I found with his those lonely nights would be thrilling for us.

I sent him an email at the start of the show asking him if we could do an interview with him in his theatre, and he sent me the loveliest email and he said, "I hope you don't mind, I'm not going to do the interview. I think people are sick of hearing from me."

And I remember thinking at the time he couldn't be been more wrong, and I still think that now.

JAMES CORDEN AS TOLD TO NED EHRBAR/ METRO HOLLYWOOD

PERFORMANCE, INTERRUPTED

'Over-censored' Kanye says sorry to viewers

Kanye West at the Billboard awards on Sunday. GETTY IMAGES

Kanye West is apologizing to TV viewers who saw his performance on the Billboard Music Awards.

The rapper released a statement Tuesday saying he was "grossly over-censored" during his performance on the show. He says some of his lyrics were muted for 30 seconds, which misrepresented his voice and performance.

The audience at Las Vegas's MGM Grand Garden Arena booed as West performed his songs All Day and Black Skinhead at Sunday's ceremony, which was broadcast on ABC.

West's statement apologizes to the television audience, who he says was "unable to enjoy the performance the way he envisioned."

ABC did not immediately respond to a request for comment on Tuesday. THE ASSOCIATED PRESS

Upsides of being 'younger and prettier' than the rest

ESPERANZA SPALDING

Jazz musician talks Evolution ahead of new album, tour

Lisa Weidenfeld
Metro | New York

Jazz musician Esperanza Spalding may be cooking up something pretty special for her latest tour, based on her upcoming album, Emily's D+ Evolution, but don't ask her to quantify it too much. Asked if she would say Emily is a persona for her, she counters, "I wouldn't say anything. I wouldn't say. I wish people could see it first and then they could talk about it."

But she is willing to elaborate. "It's like when you put on a play for your parents, with your friends. It's you, obviously, but you're playing other people. So there's a lot of other people, beyond the characters who are passively involved in the stories of each song, but I would say that Emily's the one who I'm pretending to play onstage. She's a version of me through which I'm pretending."

The album is Spalding's first since 2012's Radio Music Society, for which she won a Grammy. If you're not familiar with her, you might remember the time she won a best new artist Grammy over Justin Bieber, and his fans were not pleased, to say the least. But with all that in the past, she's ready to focus on her new project, which she says "will hopefully come out this year."

She says that the Emily character (not a persona, remember) isn't different from who she is. It is, after all, her middle name. "I was called Emily for a lot of my life by the people closest to me because no one wanted to go through the trouble of Esperanza. So it reminds me of simpler questions and simpler answers to those questions. And it reminds me of a lot of aspects of being in performing that I was curious about until that kind of fell by the wayside to becoming an evolved human being, an evolved adult."

GETTY IMAGES

And don't expect too many old standards during this show, though she hasn't totally dropped her earlier work. "I do a lot of gigs still with all kinds of repertoire from previous projects, so it doesn't really feel like I'm leaving it aside. It's like if you were on a TV series and then you did a play. It's like not really walking away from anything or leaving anything but I'm excited for all the new frontiers in this direction. It's challenging for me and it's new for me."

Asked if she thinks about a sense of responsibility, since she might be some people's entry point into jazz, she quickly demurs. "No, that just happened because a lot of my stuff isn't very jazzy, and I was younger and prettier than other artists, and we live in this beauty-centric, youth-centric culture. Young people are used to being fed that information through that medium of young and beautiful."

She goes on to explain, "I'm saying that because there are so many not-young, pretty musicians who don't get the title of 'bringing this music to young people' that are beloved by lots of young jazz lovers. Some people say that about me and I appreciate why they do. Part of the reason unfortunately that young people who aren't into jazz like my music is probably because a lot of it doesn't really sound like jazz. But maybe if they would follow me into the realms of my life that are very jazz-based, they'd get exposed to some more real jazz. But maybe not."

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APOTEX ADVANCING GENERICS

The songs of summer

Everyone needs an anthem for the sunny days and balmy nights of the fair weather months. Take this quiz to find out what your summer song of 2015 should be.

Emily Laurence METRO NEW YORK

1 How do you plan on celebrating your first Friday of summer?
a. Spending it with bae
b. Hitting the beach with your friends
c. Day drinking outside

2 Sometimes you fantasize about moving to:
a. Another city
b. The beach
c. The country with lots of land

3 What's your dancing style?
a. You like to get your grind on
b. Acting silly and jumping around
c. You don't dance

4 Your ideal partner:
a. Can cook
b. Has a bit of a wild side
c. You can bring home to mom

5 What do you usually change into after work on a Friday?
a. Something stylish because you usually go out
b. Your job is pretty laidback, so you usually don't change
c. Boxers and a T-shirt

6 Your Instagram is mostly photos of:
a. You're not going to lie. There's a lot of selfies.
b. Cool street art around the city
c. Food

7 Your summer mission is:
a. Get a VIP pass to a hotel rooftop pool
b. Take advantage of all the free outdoor concerts
c. Go on an epic road trip

The crowd at this spring's Coachella Valley Music And Arts Festival in Indio, California. MATT COWAN/GETTY IMAGES

MOSTLY A'S

Trap Queen by Fetty Wap
You're in love — or at least in lust — and plan on enjoying summer's long days with your partner in crime. Whether it's heating up the dance floor or staying home and making pies with your baby, this summer is all about your boo.

MOSTLY B'S

Shut Up And Dance by Walk The Moon
This summer, you're looking for adventure and we predict you're in for one heck of a ride if you keep following your "wherever the night may lead" mindset. When you're a "victim of the night," who knows what might happen?

MOSTLY C'S

Crushin' It by Brad Paisley
You're happiest drinking a cold one with friends and enjoying the summer sun. You plan on "crushin' it" all summer long.

GOOP

Paltrow will now let them eat cake

Let it be known that Gwyneth Paltrow has relaxed her attitudes about exactly what her two kids are allowed to ingest, finally ending the embargo on "bad" foods, she tells Women's Health.

"My food philosophy is nothing should be ruled out," she tells the magazine. "I don't believe in saying, 'You're not allowed that.' If my kids want a Shirley Temple with the radioactive cherry in it, go for it, you know?"

So she's gone from outright banning foods she deems inappropriate to laying on some next-level laissez-faire parental guilt-tripping? High marks, ma'am.

Oh, and if you're interested in getting that Goop-endorsed glow that Paltrow rocks on the magazine's cover? It's actually really simple. She says she just believes in "exercise, laughing, having sex, being yourself." So if you're not getting the results you want, clearly you're doing one of those wrong. NED EHRBAR/METRO IN HOLLYWOOD

Gwyneth Paltrow GETTY IMAGES

metroGOSSIP MUST READ

At TIFF last year, Melissa McCarthy reminded a particularly nasty critic that when he criticizes her appearance, he is chipping away at the self esteem of little girls everywhere. GETTY IMAGES

McCarthy calls out nasty critic

GENDER ISSUES

Comedian shames man who slammed her looks

Ned Ehrbar
Metro | Hollywood

So that time last year when Melissa McCarthy confronted a critic who had trashed her appearance in Tammy and criticized her looks? Apparently, she decided not to sink to his level.

"I met him at the Toronto Film Festival, and he actually said, 'I'm the one that wrote this.'

"He came up to me, and I was surprised that he talked to me," she tells Ellen DeGeneres.

"When I said, 'If (your daughter) comes home and someone says you can't have a job because you're unattractive,' are you gonna say, 'That's right'? And he took that in his heart and he was like, 'No, I would never want that to happen. I would never in a million years want that to happen.'

"And I said, 'Just know that every time you write stuff, every young girl in this country reads that and they just get a little bit chipped away.' I just think that we tear down women ... for all these superficial reasons, and women are so great and strong, and I think he really heard that."

GOSSIP NOTES

Vancouverite the new Bachelorette

Canadian fans of The Bachelorette will have a hometown hero to root for on the reality TV show this season.

Vancouverite Kaitlyn Bristowe, originally from Leduc, Alta., will get her pick of two-dozen eligible bachelors that will vie for her heart (or their 15 minutes of fame) as cameras follow their every move.

In a twist that made for awkward television, the guys got to vote whether they wanted to date Kaitlyn, a 29-year-old dance instructor, or Britt Nilsson, a 28-year-old waitress from L.A.

Ultimately the men preferred Kaitlyn to Britt, who went home in tears. Kaitlyn proceeded to get to know the guys — she seemed smitten with Shawn, who kind of looks like fellow Canadian Ryan Gosling — and sent five of them packing. EMILY JACKSON/METRO

Olsen twins moving into the Fuller House after all

So remember all that talk about how Mary Kate and Ashley Olsen had no interest in doing Fuller House and that was fine because their former co-stars didn't want them around anyway? Yeah, about that. A source tells Life & Style that the twins have had a change of heart and are signing on to reprise their shared role as Michelle Tanner for the Netflix reboot.

"They figured it would be a good break from their usual work routine to go and join their old cast members," the source says. This, of course, raises more questions than it answers, like how do you work in two very famous actresses for one part? Or will Michelle have a long-lost evil twin? And what exactly is the Olsen twins' "usual work routine?" NED EHRBAR/METRO

Married life has Clooney ditching his one-T-shirt ways

So how is George Clooney's life changing now that he's no longer a swinging bachelor? It turns out that Amal Clooney hasn't been cramping his style too much — unless he gets out of line.

"There is that moment when I've worn the same T-shirt, like, for a week that she says, 'Really?'" Clooney tells Jimmy Kimmel during an interview. But just in case you think stars really are just like us, he's not talking about literally the exact same unwashed shirt for a week straight, but more just one style of shirt multiple days in a row. "I fake her out once in a while," he explains. "I get different colours of the same T-shirt." Oh, you prankster, you. So it's more of a fashion faux pas than a hygienic concern. Oh, rich people. NED EHRBAR/METRO

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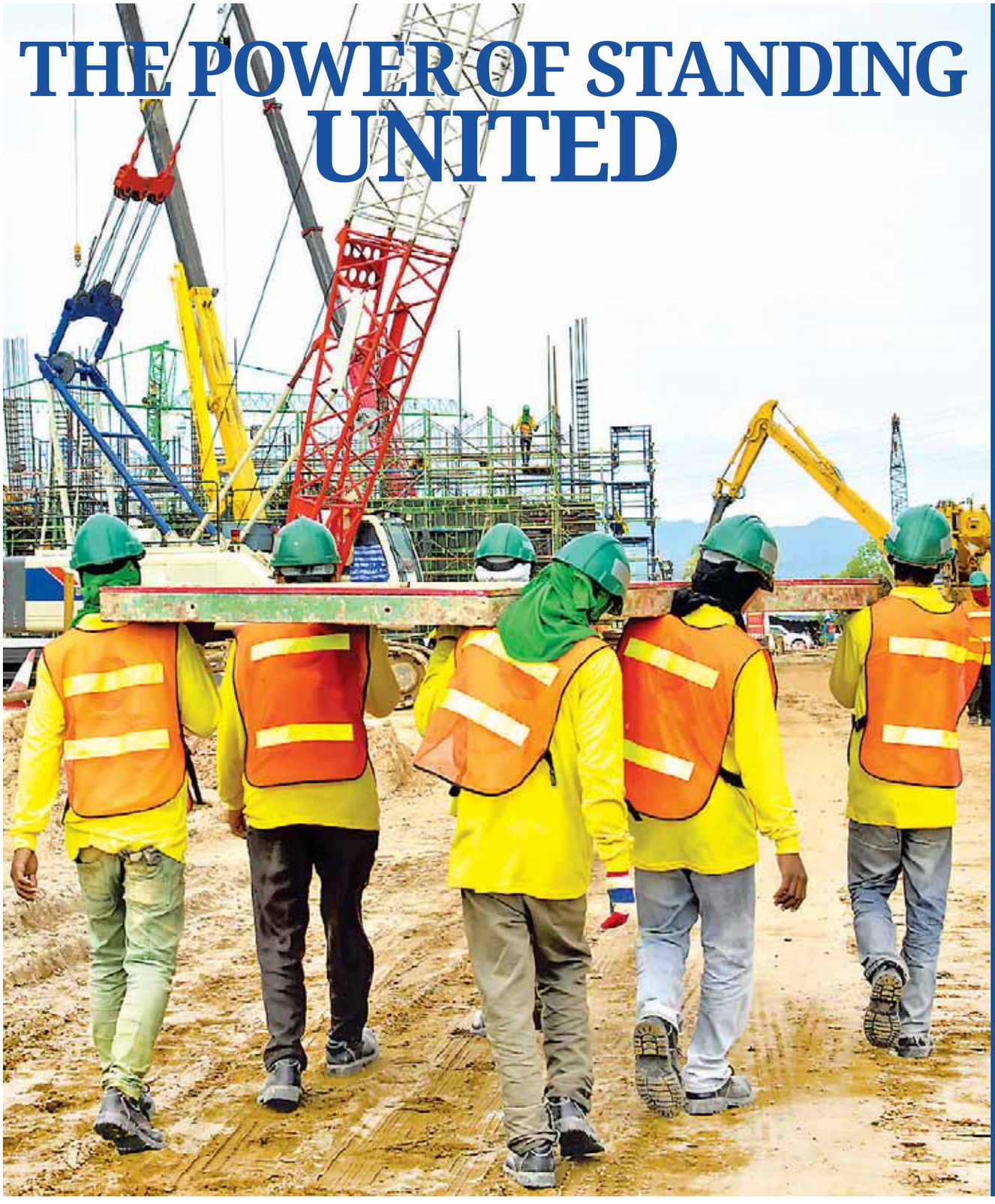

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Union gains affect all Canadians

Nearly 30 per cent of all Canadian workers belong to a union: miners, tradespeople, nurses, retail workers, government staff, teachers, police officers, journalists and professional athletes, among many others. That's about four million Canadians. Yet union gains over the years affect all of us.

The union movement, for instance, was crucial to the rise of the middle class in Canada. With their ability to negotiate wage increases and raise the standard of living for their members, unions move employers into a more equitable distribution of wealth.

Unions push for decent pension plans, for pay equity, for 40-hour work weeks and overtime pay, for health and safety provisions, for health-care coverage, for unemployment insurance — gains from which all employees, union and non-union, ultimately benefit.

"It was not so long ago that we won the battle for paid maternity leave," says Sid Ryan, president of the Ontario Federation of Labour. "A lot of people don't know that the postal workers actually won that fight federally, and then it became the law of the land."

A recent study released by the Canadian Labour Congress ("Union Advantage 2014") pointed out some other tangible benefits of union membership: Unionized workers in Canada earn on average $5.17 per hour more than non-union members. Women in particular earn more when they are unionized ($6.89 more per hour), as do workers between the ages of 14 and 24, who earn an average of $3.16 more an hour.

This has a trickle-down effect throughout the economy: better-paid workers have more disposable income, which not only stimulates the economy but, on a smaller scale, helps support smaller local businesses.

That, in turn, has even farther-reaching implications and benefits every member of a community. According to the CLC report, almost $574 million more every week makes its way into local economies across Canada through the union-negotiated wages for working women alone.

"We fight for a better distribution of wealth and income and try to move people from the working class to the middle class," says Ryan. "We create a more equal society."

SHUTTERSTOCK

Fighting for fairness

In mid-April, tens of thousands of workers across Canada and the United States walked off the job to protest low wages. Called the Fight for $15, the demonstrations were meant to put pressure on governments to raise the minimum wage to $15 an hour for low-paid workers in such industries as fast food, retail and home care.

The cause has been rapidly picking up speed over the past few years, shared by labour and community organizations, and it's central to the Ontario Federation of Labour's focus for 2015.

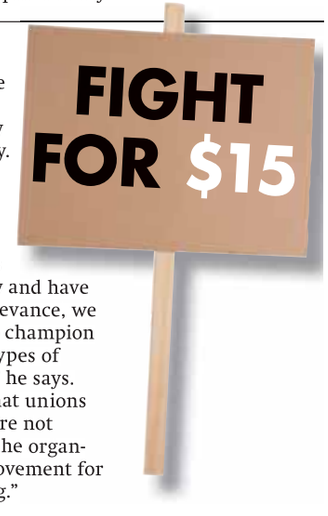
"In Ontario, we're looking at a multitude of issues," explains OFL president Sid Ryan. "The overarching strategy is the whole question of poverty. It's the issue of the day."

That means pressing for an increase in the minimum wage ($11.25 per hour in Ontario, starting October 1). But $11 an hour is still 36 per cent below the poverty line, Ryan notes — far too little to cover a post-secondary education, for instance, or to help people pull themselves out of poverty. A raise to $15 an hour would push people 10 to 12 per cent above the line.

In February, the OFL presented a submission to the Ontario government's budget committee, demanding measures that would address poverty and inequality from different angles, including improvements to child care and social security and access to affordable housing and education.

In addition, the OFL and other unions are pressing for change at the end of people's working lives. "A lot of seniors are retiring into poverty," says Ryan. "Sixty-five percent of Canadians don't have a pension plan and many don't have savings."

Currently, the Canada Pension Plan covers 25 per cent of pensionable earnings; in Ontario, the average retiree receives $6,800 annually from CPP. The OFL and others are pushing for an increase to 50 per cent, which Ryan says would bring retirees back above the poverty line. Minimum wage and pension plans are not something most union members need to worry about, says Ryan. But both elements feed into the OFL's poverty strategy. "If the trade-union movement is to grow and have real relevance, we have to champion these types of issues," he says. "It's what unions do. We're not called the organized movement for nothing."



UA CANADA: 125 YEARS OF HISTORY

CONTRIBUTED

In August, the United Association of Journeymen and Apprentices of the Plumbing and Pipe Fitting Industry of the United States and Canada (UA) will be celebrating its 125th anniversary. First proposed by a Boston plumber in 1889, the multi-craft union has grown to represent over 300,000 men and women, including 55,000 members in Canada, and has become one of the most respected building trades unions in North America.

But with that growth has come a few growing pains. "If we went back 25 years ago, we probably controlled 80 per cent of the work in this country," explains John Telford, the United Association's Canadian director. Ten years ago that number had dropped to 35 per cent. "We took our eye off the ball and we catered to massive projects — nuclear power plants, big Oil Sands jobs and the refinery industry in Sarnia — we kind of forgot about our schools and hospitals and the work we do every day." In the meantime, he says, nonunion workers moved into the jobs.

In an effort to turn that around, UA Canada put a massive market recovery program together 15 years ago, and since then membership has increased by about 13,000. Turning things around also meant losing a small percentage of members — between 80 and 100 people across the country — who had been causing problems on job sites as well as by providing drug and alcohol rehabilitation to those members who required it. "We probably saved 150 to 200 people that way," says Telford.

The union has also changed its approach to the concerns of its industry partners, moving to a place where both sides now sit down and listen to each other. They're modernizing their collective agreements to reflect not only the changing times but also the different needs of members around the country.

At the same time, the UA has always and still boasts the most extensive training programs in the industry. All members are either registered tradespeople or registered apprentices in plumbing, steamfitting, refrigeration or sprinkler mechanics. Beyond that, there are upgrading opportunities as well as specialized training and courses available in other fields.

"Training is core to everything we do," says James Hogarth, business manager of the Ontario Pipe Trades Council and former business manager of UA Local 46. In North America, every year, the UA spends $250 million on training. "Every penny of that is members' money," adds Telford.

For his part, Hogarth concedes that the UA hadn't been moving with the times. But after looking at the industry as a whole, figuring out where the union fits in now and where they want it be in 10 years, he says: "The message is getting out there: the UA is the place to be."

Looking into the future of the UA

Union is growing to handle all the work

After a determined push to sign more members and to gain back market share they had lost to nonunion workers, the United Association of Journeymen and Apprentices of the Plumbing and Pipe Fitting Industry of the United States and Canada (UA) has grown big enough again to take on anything that comes its way.

"We have enough people now," says John Telford, the United Association's Canadian director. "We'll keep growing and handle all the work."

And there is plenty of work to be handled. In British Columbia, for example, to feed any one of several proposed liquefied natural gas plants alone would require the building of five gas plants and the laying of pipelines from the Alberta border to near Kitimat. Work in Saskatchewan has been going strong for the past few years — UA Local 179 has grown to 1,700 members from 1,100 during that time and recently surpassed five million man hours — and Telford says it will continue to be as busy over the next 10 years as in Alberta. "We just cut a brand-new deal in Alberta and tied our rate increases to the price of oil," he says. "If oil goes up, we'll do well."

In addition, there are three big projects ahead in Ontario, with work at Darlington, Bruce and Pickering nuclear power plants. The union also recently made an agreement for work on the last section of the 4,600-km Energy East pipeline project, pending approval. There are also plans for UA to build two ships on the east coast and then another three or four out west — something, Telford notes, that has not been done in Canada for a quarter of a century.

Two areas of huge growth have been in maintenance and sprinklers. "Irving Oil has 180 of my men and women there every day just doing plant maintenance," Telford says. "It's one thing to build an $8-billion plant, but that project will produce one million man hours of maintenance a year." On a smaller scale, HVAC (heating, ventilation, air conditioning) is also big for the UA, as every unit that's installed will require some kind of maintenance.

Sprinklers are a big growth area for the UA as well, particularly since they became mandatory, in May, 2013 in every building of four storeys or more. "It's really impacted our industry," Telford says. "It's growing leaps and bounds for us. In Ontario, we're probably over 80 per cent market share for sprinklers."

CONTRIBUTED

What Telford would really like to see in the future is an increase in the amount of Canadian fabrication of materials. And UA Canada is still looking for an additional increase in membership — which is currently around 55,000 — of as much as 10,000 over the next few years.

"We're not without our problems," says Telford. "We compete every day with the nonunion." But he is proud of the fact that the locals have taken their jobs seriously and are willing to move within the collective agreements. "We're not expecting anybody to drop their wages," he adds. "It's about productivity."

Precarious workers in industries like food service often have little protection in the workplace. SHUTTERSTOCK

A TALE OF TWO WORKERS

James

James has worked in the cafeteria of 89 Chestnut, a hotel-turned-student residence run by the University of Toronto, for the past eight years.

The 56-year-old father works five evenings a week between September and the end of April, setting up for meals, clearing tables and washing dishes. Most employees are let go for the slower summer months to collect Unemployment Insurance, but because of his relative seniority, James gets two or three days a week of work.

Currently, James's union is in the middle of bargaining for a new contract. He doesn't have too many complaints, though he hopes the company will cover orthopedic shoes. "They are very, very important for us," he says. He makes $17.94 an hour; his salary was frozen for a couple of years, after which he got a small increase in exchange for giving up some benefits. James and any of his family members can attend the university for free if they wish. "Many of us are doing this type of kitchen work, but it's good for our kids."

Anna

Anna has worked full-time as a cook in a cafeteria on the same campus of the University of Toronto for almost 15 years.

She works through the summer and makes $14.55 an hour. When the day is done, the 56-year-old mother is required to take her uniform home and wash it herself. Neither she nor her family members get a break on tuition at the university.

Anna works for a subcontractor hired by the university, not for the university itself. When a new company won the contract to run the cafeteria, Anna and her coworkers had to fight to keep their jobs.

"The hotels have successorship rights but because we're contract workers we do not have those rights," she says. "If a new contractor comes in, they don't have to keep us. That's what we're worried about." Not only is there no real job security, her friends who work directly for the university have better benefits and higher hourly wages. "We're looking for the same thing too," she says.

Two workers, same workplace, different story

When, as Ontario Premier Kathleen Wynne has promised, the Ontario Labour Relations Act is revisited for the first time in 20 years, unions will be pressing for more protection for precarious workers like Anna.

Many of them are in contracted positions that are typically underpaid with few benefits and little job security. When a new subcontractor is hired, all workers are fired and they have to fight to get their jobs back — leaving essentially no possibility of improving their situations.

"There is an entire class of second-class citizens who enjoy fewer rights than everyone else," says David Sanders, organizing director at UNITE HERE, which represents workers in hospitality, airports, laundry and food service, among other industries. "People are falling through the cracks and unable to support themselves and their families." An overwhelming number of these workers have immigrated to Canada, get trapped in these types of jobs and fall further and further behind.

"The Liberal government is committed to modernizing the Ontario labour relations regime," adds Sanders. "We particularly want to focus on precarious workers to make sure the labour law system doesn't have cracks that people fall through. We believe that successorship for contract services is important to fill those cracks."

LABOUR LAW REFORM WISH LIST

In February, Ontario Premier Kathleen Wynne ordered a review of both the Ontario Labour Relations Act and the Employment Standards Act with the objective of modernizing them, in particular with respect to workers in precarious employment — a segment of the population that has grown by 50 per cent over the last 18 years.

Among unions' wish list for labour law reform:

Card check certification

To unions it's the gold standard and a key focus for statutory change. When a clear majority of workers — the definition of majority varies from province to province — has signed a card to join a union, the union is certified.

Card checks had been the method used to form a union since the 1950s in Ontario until the Mike Harris government brought in the mandatory secret ballot for certification in 1995.

Unions feel the ballot approach gives an employer enough warning and time to discourage workers from voting to certify.

Successor rights

For decades Ontario law protected unionized employees from losing their collective bargaining rights when the business for which they worked was sold or transferred. During the 1990s, the law was extended to the contract services sector. But a subsequent change to the OLRA did away with the protection for contract workers, forcing them to fight to retain their jobs if the contractor changes. Unions want those successor rights extended to vulnerable contract workers once again.

Reinstatement during an organizing campaign

Unions say workers, particularly those in precarious positions, are vulnerable to being terminated or having their hours changed during a certification drive. When that happens to a worker who is known to support unionization, it can discourage other employees from pursuing certification. Unions want the OLRA to allow for any workers who have been treated unfairly to be reinstated in their jobs until their complaints have been heard.

Carmen Barnwell TIM FRASER

Michael Johnson TIM FRASER

Ellen Bekoe TIM FRASER

The faces of healthcare in Ontario

Carmen

It's 11:00 p.m. and her shift just started, but Carmen Barnwell, a Personal Support Worker (PSW), knows it's not the time you put in, but the care you give. Like the other 55,000 SEIU Healthcare members, Barnwell is the heart of healthcare.

SEIU Healthcare, Canada's healthcare union, has been standing up for healthcare workers since 1944, but today sees itself as a union for the 21st century. Adding to its repertoire of standard union servicing, such as collective bargaining and other labour relations activities, innovative, out-of-the-box political activism, policy work, education, advocacy and public awareness are now part of the tool box.

Barnwell is a VON Peel homecare PSW, meaning she works in clients' homes to assist individuals with physical disabilities, mental impairments and other health care needs, with their daily activities and providing bedside care. Although she loves the work and feels it is important to help her clients live as independently as possible, it is not an easy career choice. The job is physically, mentally and emotionally demanding and, generally speaking, not very lucrative financially.

Barnwell has been a PSW for the last 20 years and made this her second career after working in accounting because she is a "people" person and wanted to do something that was more fulfilling. "It's a rewarding vocation. Giving back to the community, contributing to my future; I'm paying it forward — it's a legacy for my children and grandchildren as well as for when I need it in the future," she says.

It makes sense that this need to help others and serve the greater good would have led her to the union. "I voted for fairness, respect and a united voice. As most homecare PSWs work in isolation and most of us travel from client home to home, we don't have the opportunity to speak to each other or our employer about issues we face," she says.

Last year, SEIU Healthcare championed a wage increase for Ontario's PSWs that will be rolled out in three phases until 2016. What did this wage improvement mean to Barnwell and others like her? "It was a victory for us all. Without a living wage, we work at a loss when you consider we have to pay for a vehicle to get to clients' homes and pay other expenses out of pocket. You go into debt or need to have multiple jobs. Ultimately, clients get less service because of tired PSWs.

"PSW jobs are always in demand but young people don't want to stay in this profession because of the wages. Without more money, they will move onto higher paying professions," she adds.

Looking forward and with an aging population explosion, Barnwell hopes to see more money earmarked for healthcare and the people who are at the heart of it.

Michael

Michael Johnson has worked at Mount Sinai Hospital for almost 15 years as a Support Service Transporter. Previously part-time, Johnson recently went full-time and was also elected a steward for his unit.

"I got involved because as a part-timer, it was important to me to be the voice of other part-timers who may not have been comfortable bringing their concerns to management. Stewards just have to try their best to be the voice of reason. If you don't have representation, you are lost," Johnson says. "If you are interested in making a difference, there are many channels within the union."

"When I participate in one of SEIU Healthcare's events like the annual picnic or the Labour Day Parade, I feel proud to be part of one big unit with a common goal."

Ellen

Generating member engagement is a challenging task for any union, but not in the case of Ellen Bekoe, Registered Practical Nurse (RPN) from Parkview Nursing Centre Hamilton.

In fact, just try to keep this millennial go-getter away from the action. She's been involved in numerous political campaigns and elections, community and workplace events, conferences and conventions and has sat on several union committees.

"People think the union does nothing for them and just takes their dues, so I wanted to find out for myself and that's when I got involved," Bekoe says. "I found out the union does all kinds of other things for its members in addition to helping us get better benefits and wages. I was able to get my professional liability insurance for free through the union and since volunteering on the Obama campaign in 2012, I've discovered that the union's political activism and stand for social justice helps shape the modern workplace."

"I FOUND OUT THE UNION DOES ALL KINDS OF OTHER THINGS FOR ITS MEMBERS IN ADDITION TO HELPING US GET BETTER BENEFITS AND WAGES"

– Ellen Bekoe

As an RPN, Bekoe derives great satisfaction from her work. Inspired by her mother-in-law, a nurse from Ghana, she was touched by her experiences with her patients. "Some days she would come home saddened by the death of a patient and other days she'd come home so excited because of the progress of her patients," she said. "Nursing is a good, caring profession and I wanted to be part of that."

This is frequently the sentiment people in healthcare express; a need to help and show compassion for others. But for Bekoe, that feeling doesn't end there — it is her desire to make the world a better place that inspires so much of her union activities. "It makes me a better person and I am able to share what I learn with my co-workers. My voice has power and although once very shy, I'm not afraid to speak up and share my knowledge."

SEIU Healthcare members are an intrinsic piece of the healthcare system and our need for them is ever-increasing. Together, we are with you every step of the way.

OPSEU head critical of Liberal Party priorities

Ontario's largest public sector union says the provincial government is not putting its priorities on the wellbeing of the citizens who elected it.

"Instead, its priorities are focused on the wellbeing of the wealthy few who funded that election," said Warren (Smokey) Thomas, president of the Ontario Public Service Employees Union.

"The Liberal government is moving as fast as it can to take money out of public services and transfer it to profits for bankers, corporate lawyers, construction firms and others.

"The provincial auditor general reports that Ontario paid way too much — $8 billion too much — for 74 public private partnerships."

Thomas said Ontario certainly needs to build infrastructure, but not by "looting the public purse."

The government would have saved $8 billion by managing those 74 projects itself, rather than having private corporations administer the construction, financing, legal services, engineering services and project management services, he said.

"In our own lives, when we find we have paid way too much for something, we say we have been ripped off. And when we have been ripped off, we change the way we do things.

"P3s have ripped off Ontario taxpayers to the tune of $8 billion.

So why hasn't the government stopped?"

Thomas says it comes down to "a cozy little web of Liberal insiders, Bay Street bankers and big construction company owners who are working together. The builders have been key party fundraisers; the lawyers have been campaign chairs; and they have all made generous donations to the Liberals.

"These power brokers are doing all they can to make sure the Liberals dance to their tune. It's working for them, but it is an unmitigated disaster for the rest of us," he said.

Warren (Smokey) Thomas CONTRIBUTED

"The plan to privatize Hydro One is going to hurt everyone, except the people who buy into it.

"The argument that it will 'broaden the ownership' is completely false," he said. "The current ownership is the population of Ontario. Privatizing will narrow the ownership to wealthy shareholders who want personal profits. They will win. We will lose."

Selling a portion of Hydro One will also move it out of the accounting transparency required of crown corporations, so we will never know how much we are losing, he said.

"It doesn't even make economic sense. The projects they build won't bring in money to replace the lost Hydro revenues; worse, they will wear out and need replacement.

"In hard economic times, it doesn't make sense to give up a reliable revenue stream. You wouldn't boot out a tenant to pay the mortgage."

The Liberals have lost $9.6 billion to corporate income tax cuts since 2010 — more than they'll ever get back from selling Hydro One, he said.

"Restoring corporate tax rates to 2010 levels would raise over $9 billion in four years, so the province could fund public services and transit and maintain full ownership of Hydro One.

"Instead, the Wynne government is trying to raise the money from the hard-working people who work in the public sector, Thomas said.

"Meanwhile, the bankers are laughing all the way to — oh right! That's where they work!"

Bay Street in Toronto. SHUTTERSTOCK

Facts to consider

• The $8 billion the government over-spent on 74 Public Private Partnership (P3) contracts has ripped off the equivalent of $600 for every man, woman and child in Ontario.

• Geoff Smith is the former chief fundraiser for the Ontario Liberals and president and CEO of EllisDon (Company slogan: "We build on great relationships"). EllisDon (top corporate donor) and its subsidiaries gave $388,063 to the Ontario Liberals from 2004 to 2014, and built and financed 22 P3 contracts to the tune of $7 billion.

• Tim Murphy, co-chair of Premier Kathleen Wynne's winning election campaign, practices law with the Bay Street firm of McMillan LLP, where he specializes in public private partnerships. He also teachers the P3 law at the University of Toronto.

• Ed Clark, former president and CEO of TD Bank Group, heads a group advising Wynne on dealing with government assets. It recommended privatizing Hydro One and introducing beer sales to grocery stores. TD gave the Liberals $31,375 from 2010 to 2014.

• Bert Clark, Ed's son, is president of Infrastructure Ontario and sits on the board of the Canadian Council for Public Private Partnerships. He served four years as managing director at Scotiabank's global banking and markets desk. Scotiabank gave the Liberals $37,925 from 2010 to 2014 and was involved in six P3 contracts valued at $4.2 billion.

• In a province with widespread crumbling infrastructure, the bulk of the Liberals' infrastructure spending is going to Brampton (Mayor Linda Jeffrey a former Liberal cabinet minister); Mississauga (Mayor Bonnie Crombie a former Liberal MP); Vaughan (Mayor Maurizio Bevilaqua a former Liberal MP); Markham (Mayor Frank Scarpitti a former Liberal MP) and Oakville (Mayor Rob Burton a former Liberal MP).

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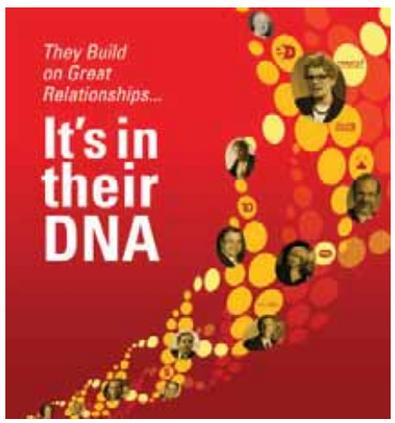

OPSEU has written a booklet documenting the close personal, financial and political links between Ontario Liberal Party leaders, fundraisers, advisors and the people who benefit greatly from privatization.

Download It's in their DNA at **bit.ly/1bDLbwD** or write us for a hard copy at:

OPSEU 100 Lesmill
Toronto, ON M3B 3P8

Another OPSEU publication spells out the disastrous effect privatization has had on public services in Ontario, and the costs borne by Ontario citizens in real dollars and downgraded services.

Download Epic Fail at **opseu.org/information/epic-fail-report** or write us for a hard copy at:

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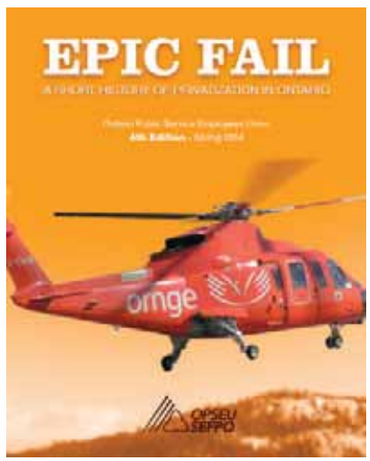

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RICHARD MACINTOSH

FIND A REWARDING CAREER AS A UNION BOILERMAKER

Young people who want to write their own career ticket would do well to consider working as a union boilermaker.

"It's a career that offers excellent compensation and rewarding work," says Joe Maloney, the head of the International Brotherhood of Boilermakers in Canada.

It's a good time to choose a career as a boilermaker, says Maloney. The union's workforce projections show steadily increasing demand through to 2018 and beyond for the skills that boilermakers bring to both large construction projects and industrial installations.

Boilermakers are key to the construction and maintenance of oil refineries, electricity generating facilities, natural gas processing plants, chemical plants and other large-scale industrial installations.

They assemble, move and install huge tanks and other vessels; they weld the tubes and high-pressure lines that carry liquids and gasses throughout a plant or processing facility; they install components that must work under significant stress and they maintain strategic plant facilities.

Working union

Becoming a union boilermaker requires a four-year apprenticeship and a series of examinations that lead to what's known as a Red Seal qualification. The Red Seal entitles a boilermaker to work across Canada, wherever there's a facility that requires their skills.

Becoming a member of the Boilermakers union means better pay — ranging to nearly $60 per hour before overtime

RICHARD MACINTOSH

— as well as belonging to one of the best benefit plans in the country and a solid pension plan with more than $1 billion in assets, says Maloney.

But working union means more than just pay and benefits. It means respect on the job and a say in the way the work is done. It means working under the best health-and-safety programs and safeguards in the country. It means the chance to upgrade your skills at one of the state-of-the-art training facilities the union operates throughout Canada. And it means getting the best chances at the best work available.

"We maintain a comprehensive online system to let our members know of the best job opportunities right across Canada," says Maloney. "There has never been a better time to enter the trade."

RICHARD MACINTOSH

HOW TO JOIN

Becoming a union boilermaker starts with a single phone call to the union office, or a visit to one of its websites.

Boilermakers Local 128 represents members across Ontario. John Petronski, the business manager and secretary treasurer of the local, can be reached at 905-332-0128.

Prospective members can find more information on the Boilermakers national website (boilermaker.ca) or on the website of Local 128 (128.boilermaker.ca).

Information on the Boilermakers' benefit and pension plans is available at boilermakersbenefits.ca.

Looking for a career? Get the Boilermaker Advantage.

Canada's Boilermakers union is looking for qualified Boilermakers and new apprentices.

When you join the Boilermakers union, you'll get top-notch pay and benefits. You'll work in an environment where safety is the number one priority. You'll be able to travel across Canada for work. You'll have rights in the workplace and your skills and professionalism will be recognized.

It's a rewarding and challenging career.

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Joseph Maloney, International Vice-President

HEALTH, SAFETY AND UNIONS

For unions, the health and safety of their members has always been of paramount importance. The improvements they have gained over the years in health and safety standards have benefited many Canadian workers, union and non-union alike.

From the first health and safety legislation in Canada in 1884 — the Ontario Factory Act, the first to provide inspectors to check for hazards and dangerous practices in factories — through successive legislative changes, almost all improvements have come about "with the involvement of unions or at the insistence of unions," notes John Sprackett, chief of staff of the Power Workers Union.

Still, Sprackett adds, before the Occupational Health and Safety Act of 1979, numbers of work-related fatalities in Ontario were high and funerals for friends who had died on the job in his industry were commonplace.

The act "was largely pushed by the union movement," he says, "but you can't do anything alone and it couldn't have been done without the cooperation of the government of the day." Among other things, the legislation allowed for joint health and safety committees and an internal responsibility system that engaged workers, employers and ministry inspectors. And for the first time it provided people with the right to refuse work in situations they felt were unsafe.

After the legislation came into force, the number of fatalities in the workplace dropped dramatically, but since then improvements have been much slower. Every year, more than 300 people are killed in Ontario workplaces alone — a low estimate, Sprackett says, because of occupational diseases that are not diagnosed or recognized until decades later. Across the country in 2012, according to the Association of Workers' Compensations Boards of Canada, more than 950 people died in work-related accidents: 211 of them in construction alone.

"THERE'S REASON TO BE OPTIMISTIC THAT THERE ARE A LOT OF PEOPLE OUT THERE WORKING HARD TO IMPROVE THINGS"

– John Sprackett, chief of staff of the Power Workers Union

Still, there have been marked improvements in the area of violence in the workplace, and there is more discussion now around the quality of safety programs and training.

"A Ministry of Labour inspector has no authority to look at a program and say it's substandard," says Sandro Perruzza, CEO of the Ontario Society of Professional Engineers and a safety expert with 20 years experience in the field. "Unions have amplified the conversation. They've pushed the quality, they've questioned what the employers have done. They've had the interest of their workers at heart first and foremost, but it also adds to the value of their unions — 'This is what we can do for you.'"

Still, as long as people are being hurt or dying on the job, there's a long way to go. "There's reason to be optimistic that there are a lot of people out there working hard to improve things," says Sprackett of unions, legislators and employers. "But with 300-plus people dying every year in Ontario workplaces, there's still a lot of work to do."

PWU

PWU

PSYCHOLOGICAL HEALTH AND SAFETY

In a ground-breaking agreement this past March, the Treasury Board and the Public Service Alliance of Canada, which represents more than 170,000 federal government employees, announced a joint task force to look at ways of improving psychological health and safety in their workplace.

At that time, Tony Clement, president of the Treasury Board, said, "I am prepared to work with all bargaining agents, as we take this step in improving how we deal with mental health challenges in our workplaces and reducing the stigma that is often attached to mental illness."

Every week, according to the Mental Health Commission of Canada, more than half a million Canadians do not go to work because of mental health issues. Almost one-third of disability claims and 70 per cent of disability costs are related to mental illness, and about $51 billion a year is lost because of it.

While policies are already in place that cover mental health issues, harassment issues and more, PSAC, for one, is taking a hard look at improving communication of those issues in the workplace and ultimately pressing to adopt recommendations set out in the Commission's National Standard of Canada for Psychological Health and Safety in the Workplace: identifying psychological hazards at work; controlling those that cannot be eliminated; adopting practices that support and promote psychological health and safety at work; and creating a system of review of the approach.

"We're still in the fairly early stages of making progress but it's a huge issue and it's becoming of more interest to unions and employers every year as more is learned about psychological issues and mental health," says John Sprackett, chief of staff of the Power Workers Union. "The old-style standard focus was discipline the employee for the absenteeism, and sometimes that just exacerbated the problem. Now the focus is on health and the absenteeism goes down when mental health is improved."

Workplace Fatalities Should be Unacceptable in Modern Society

By Don MacKinnon
President
Power Workers' Union

According to the Workplace Safety Insurance Board (WSIB) statistics, every year in Ontario, 250 to 300 workers lose their lives as a result of traumatic workplace accidents and occupational illnesses. In 2013, 194,393 accident claims were filed with the Ontario WSIB.

All of those killed and injured were ordinary people working to make a living — mothers, fathers, daughters and sons. With the passage of Ontario's *Occupational Health and Safety Act (the Act)* in 1979, workplace fatalities dropped significantly over the following years. Unfortunately, since this initial decrease, the number of workers killed in the province's workplaces has remained at almost one per day.

On April 28th, the "National Day of Mourning", we remembered those who lost their lives as a result of work-related accidents or occupational diseases. Actions taken in the mid-1980s by the Canadian Union of Public Employees and the Canadian Labour Congress were instrumental in establishing this day of remembrance. This date was chosen because Canada's first comprehensive *Workers' Compensation Act* received Third Reading in Ontario on that day in 1914. It is now recognized in one fashion or another in more than 100 countries.

Unions like the Power Workers' Union (PWU) have worked diligently with employers in our industry over the last seven decades to establish a province-wide safety framework for the protection of the general public and workers.

PWU members work in a wide variety of locations and weather conditions across Ontario. Extreme weather often creates situations, such as those seen during the December 2013 ice storm, that are among the most potentially dangerous anywhere. Dedication to the development and implementation of safe work procedures, planning, training and experience are all essential to insulate workers from potential hazards. Today, new technologies are dramatically changing the way Ontario's electricity system operates. These changes require an unwavering commitment to the development of new work methods, procedures and training in order to achieve accident-free workplaces in the future.

Traditionally, electricity flowed from large hydroelectric, nuclear and coal generating stations along a network of transmission and distribution wires to our homes, businesses and factories. Now, reliability must be maintained while managing a two-way flow of power that can change rapidly. Large numbers of small-scale consumer-owned wind turbines, solar panels and biogas generators produce intermittent power to sell to the grid at one price, while buying the electricity they use from the grid at another. A customer can become a generator at any time and many can be both customer and generator simultaneously. It is a constant challenge in our industry to ensure that safe work methods keep up with rapidly changing technologies.

Regardless of the industry, there are hazards present in all workplaces. Work needs to be carefully planned with a focus on safety and workers must be well trained to implement the plan. All hazards must be identified, eliminated or controlled. Anything else will result in accidents, injuries and fatalities. Special attention needs to be placed on ensuring that new workers are supervised effectively and given adequate knowledge and understanding of workplace hazards and safe work procedures so they come home safe and sound at the end of their workday.

Ensuring workplace safety requires constant vigilance on the part of employers, unions, workers, Ministry of Labour officials and legislators.

In Ontario, our workplace health and safety system relies on the co-operation of employers and workers through the appointment of Health and Safety Representatives and the establishment of Joint Health and Safety Committees that are required to inspect, identify and address health and safety issues in the workplace. It should be no surprise that the safest workplaces are those where employer and worker representatives genuinely cooperate to create an accident-free environment. When the parties can't agree, the Ministry of Labour can be called to assist or intervene.

The single most important legal right that a worker has to protect himself or herself in Ontario workplaces is the right to refuse to work in situations where the worker has reason to believe that they have not been adequately trained to perform a particular task safely or that the work plan, the equipment, the physical condition of the workplace or the threat of workplace violence is likely to endanger them. In the event that a health and safety related work refusal is not resolved immediately to the satisfaction of the worker, the Ministry of Labour is called to investigate and prescribe remedies to ensure that workers are safe. Workers are protected from retaliation by their employer in these instances under the *Act*.

This year in Ontario, thousands of workers will be injured and hundreds more will die from workplace accidents and industrial illnesses. All of these accidents are needless, preventable and unacceptable. Ensuring workplace safety requires constant vigilance on the part of employers, unions, workers, Ministry of Labour officials and legislators.

Regrettably, we still have a long way to go to eliminate workplace deaths and injuries. Every year at our somber Day of Mourning ceremonies, we renew our commitment to achieve those goals. We speak for the dead to protect the living.

FROM THE PEOPLE WHO HELP KEEP THE LIGHTS ON.

POWER WORKERS' UNION

WE ARE THE FACE OF HEALTHCARE IN ONTARIO TOGETHER WE ARE STRONGER

We've been in healthcare for over 70 years and our 55,000 sisters and brothers are here to work with you in partnership for the good of the public healthcare system. We put our patients, clients and residents first. We've seen and done it all and it is through this experience we are able to provide insights from the frontline, conduct research and collaborate with government on public policies to improve on smart healthcare delivery through our union, SEIU Healthcare.

Together, we are using our unique knowledge of the healthcare sector to build capacity for an aging population in difficult economic times.

We're with you every step of the way.

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CANADA'S HEALTHCARE UNION

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Your essential daily news
Lime green will be the most popular accent colour this summer: Zillow Digs

Costlier to buy near schools

REAL ESTATE

Unless you purchase a condo, study reveals

CONDO TRENDS
Duncan McAllister

Every parent wants to give their children the best head start possible, and a top school district is one of the key priorities for young couples starting a family and looking to buy a home.

With the cost of single family dwellings climbing sky-high, many parents feel they are being squeezed out of the market when looking to buy near a top-ranked school.

New research by Toronto real-estate brokerage TheRedPin indicates that in Toronto, property values are higher within Toronto District School Board (TDSB) school districts with highly rated schools. Buyers will pay an excruciating average of 36.66 per cent more for a detached home just to be near a top school, compared to the average price for the city at large.

Here's where condos come in: TheRedPin study also showed that condominiums within the boundaries of the best schools in the GTA sell on par with the average. So for condo owners, there is little or no premium for condo living near an A+ school.

Whether you have school-aged children or not, a good school district translates to a good neighbourhood and strong property values, says Rokham Fard, CMO and co-founder of TheRedPin.com. "Usually properties near the schools tend to be more affluent, they're safer neighbourhoods because the residents are concerned with raising their children."

TheRedPin looked at education data from a 2014 report from the Fraser Institute and painstakingly correlated it to Toronto home sales data from the past year, and then overlaid that onto TDSB school districts.

The research showed definite evidence of pockets of increased property values, almost matching the borders of certain desirable TDSB school districts.

37%
Nearly the additional percentage home buyers will pay for a detached home near top schools

"There are secondary benefits to being close to the schools. Even the resale price of the property will be higher when it comes time to sell," says Fard.

Here's an example of what may be a harbinger for the future of condo communities: a public-private trade-off where developers collaborate with school boards on land and financing. The newly renovated, $52-million North Toronto Collegiate shares space with The Republic — two new condo towers at 25 Broadway and 70 Roehampton. Tridel bought 0.7 acres of land from the TDSB for $23 million, and provided badly needed resources for the renovation of the deteriorating school. The deal was not without controversy, but proved beneficial for the school, which ended up with new, contemporary facilities that may not have been within the realm of the TDSB budget.

Properties near schools tend to be in safer areas, says Rokham Fard, CMO and co-founder of TheRedPin.com. CONTRIBUTED

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TeaGarden offers shopping, transit

Project overview

Coming soon to Bayview Village is TeaGarden, a new boutique midrise condo and townhome development across from the Bayview subway. The condo boasts sophisticated interiors and favourable amenities and the townhomes on the ground floor will feature patios and landscaped yards.

Building amenities

Residents will have access to a fully equipped fitness centre. The 12th-floor lounge and rooftop patio features a gourmet hosting kitchen and dining lounge with stone countertops and bar seating. There's a billiards table, outdoor barbecue stations and charging stations for electric cars.

Location and transit

The building is in the heart of desirable Bayview Village, adjacent to the Bayview TTC bus route and a short walk to the Sheppard subway line. Motorists are a minute from Highway 401. Commuters can be in the downtown core within 30 minutes.

In the neighbourhood

The location is super convenient for shopping, with the Bayview Village shopping centre directly across the street. The community is surrounded by a variety of schools, shops, eateries, parks and services. It's a short walk to Hawksbury Park, Bayview Village Park and Rean Park.

EVERYTHING YOU NEED TO KNOW

What: TeaGarden Condominiums
Builder: Phantom Developments
Location: 2 Teagarden Court, North York
Building: A 12-storey midrise with 111 suites and seven, two-storey town lofts
Sizes: From 484 sq. ft. to 1,119 sq. ft.
Pricing: From the mid-$200,000s
Suites: One bedroom, one bedroom plus den, two bedroom plus den
Status: Registration phase, occupancy in 2018
Sales Centre: 113-399 Spring Garden Ave.
Info: teagardencondos.com, 416-762-8818

REAL ESTATE

What's hot on the market

DUNCAN MCALLISTER

1 YORK MILLS

Grand opening: The Ravine condos will be celebrating its official launch this weekend. Head on over and check out the presentation centre at 1213 York Mills Rd. on Saturday and Sunday, 11 a.m.-3 p.m.

CONTACT: 416-850-2489, THERAVINE.CA

2 DON MILLS

Sales event: The Dream Tower at Emerald City will be holding a "double up" event, with incentives on parking, lockers and financing. Visit the presentation centre across from the Fairview Mall. Saturday, 12-5 p.m.

CONTACT: 416-492-0001, EMERALDCITYLIFE.CA

3 EAST END

Grand opening: The Southwood Condos Phase 2 by Streetcar Developments will be launching this weekend in Toronto's east end. Visit the presentation centre at 663 Kingston Rd. on Saturday from 12 to 5 p.m.

CONTACT: 416-750-7506, INFO@THESOUTHWOOD.COM

Search for affordable lowrise housing tough

Bryan Tuckey

What is the most important aspect of your community? Is it the physical buildings, the public space, the parks, shops, the green space — or is it the people?

BILD represents the industry that together with our government partners, works to conceptualize and realize complete communities by master planning, integrating into existing neighbourhoods, thinking about what businesses are needed, and how to bring parks and recreation centres to new and established areas.

One of the challenges in the GTA today is finding lowrise housing, such as a single-family, semi-detached or townhome, due to the limited supply of shovel-ready areas that are serviced with pipes and roads.

This is a growing problem because the province forecasts up to 100,000 additional people will move to the GTA every year for the next few decades. Provincial policies encourage intensification and therefore anything lowrise that is for sale goes fast. It is also becoming more difficult for some families to afford new ground-related homes since the cost to build is rising steadily.

> **The province forecasts up to 100,000 additional people will move to the GTA every year**

Like many families, Calin and Amanda Miculescu have been renting, saving and searching for their first home. Recently, they found a new home to suit their needs in Aurora Trails, a community being built by four of our members — Fieldgate Homes, Opus Homes, Paradise Developments and Arista Homes. They were drawn to it because they had grown up nearby and thought it was an ideal place to raise a family.

"Like many young professionals, we've lived the downtown lifestyle, but we want to be able to offer our kids an experience like we had growing up, and that's what we found in Aurora Trails," Calin said.

To the Miculescus, the most important aspect of a community is a combination of things: a safe and comfortable new home, and a neighbourhood with amenities and green space to enjoy.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION (BILD) AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA, AND BILDBLOGS.CA.

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Duncan McAllister FOR METRO

$382,400

Winnipeg

For sale is a three-bedroom unit that includes an attached double garage, high-end kitchen with plenty of cabinetry, an electric fireplace in the living room, hardwood floors in the dining room, and an outdoor deck. The unit is also five minutes away from a shopping centre. Listing agent Chris Kenny is a sales representative with RE/MAX Professionals, 204-899-4858.

$759,000

Toronto

This single-floor downtown unit has views of Lake Ontario from all rooms. There are two terraces, bamboo floors, a stainless-steel built-in dishwasher and fridge, a Ceran glass-ceramic range, microwave and stackable washer and dryer. The unit includes two tandem underground parking spots and a shed. Listing agent Alex J. Wilson is with RE/MAX Condos Plus, 416-996-5181.

$174,800

Ottawa

Here's a two-bedroom upper townhouse close to amenities that has a spacious living-dining room with laminate floors. There's also a galley-style kitchen, plenty of cabinets, quartz counters, glass-tile backsplash, tile floors, and a decent-sized master bedroom with a walk-in closet. Listing agent Geoff McGowan is a sales representative with RE/MAX Affiliates Realty, 613-216-1755.

$309,900

Calgary

This two-bedroom, two-storey, south-facing unit is within walking distance of transit and shopping. It features a spacious living room with wood-burning fireplace, a laundry-storage room, kitchen and dining area. The master bedroom opens to a second balcony. Tim Lind is a sales representative with RE/MAX Real Estate (Mountain View), 403-247-5171.

$759,000

Toronto

This single-floor downtown unit at 759 Stadium Rd. is close to the water's edge with unobstructed views of the lake from all rooms. There are two terraces with gas hookups overlooking the water. Bamboo floors, Hunter Douglas blinds, a stainless-steel Miele built-in dishwasher and Subzero fridge are just a few of the special features offered. Appliances include a ceran-top range, microwave and stackable washer and dryer. The unit includes two tandem underground parking spots with a shed for storage. Listing agent Alex J. Wilson is with RE/MAX Condos Plus, 416-996-5181.

ADVICE

Spousal transfer can be tricky so best involve expert

LEGAL MATTERS

Jeffrey Cowan

Q: My husband and I are in the process of separating after many years of marriage. We purchased our matrimonial home 15 years ago and now we are in the process of splitting up our assets. I have agreed to accept the ownership of the property and I will sign off on the divorce papers. We want this to be as simple as possible but some people have told us that we may take on land transfer tax liabilities when we hand over the title to the property. How should we approach this?

A: Legally defined spouses are allowed to transfer property to one another on a tax-free basis (land transfer tax) if they gift it to one another. If the transfer is questionable and there is an underlying money value to the transfer, the tax man may be questioning the transfer. Be careful with this situation. Get really good tax and legal advice because when it comes to equalization of family assets it can be a very complex matter and you don't want to mis-step at this point.

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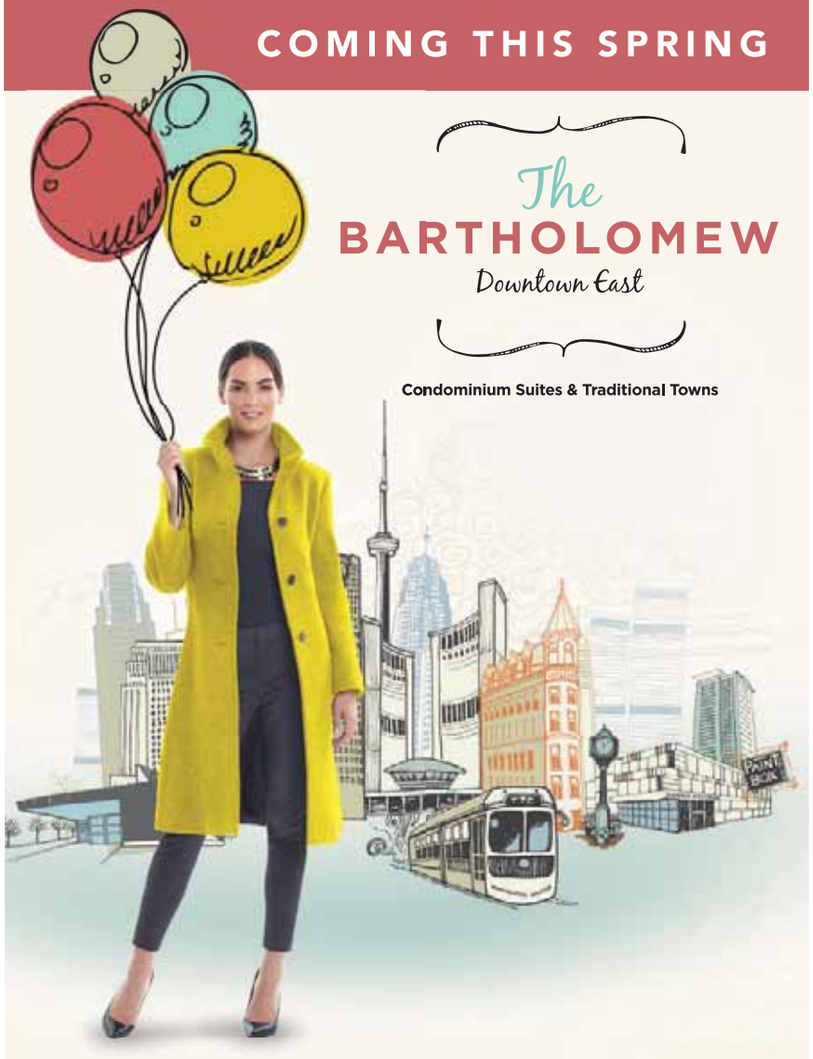

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Less is more on balconies

Don't try to cram everything onto your balcony; give it focus and you'll enjoy it a lot more throughout the summer months.

DESIGN CENTRE
Karl Lohnes

Lucky enough to have an outdoor balcony space?

How you use — and decorate — it can make all the difference in your enjoyment of the space in the summer.

Are you a sun worshipper or entertainer? When you are limited on outdoor space, it's important to realize your preferences and turn that small space into something stylish.

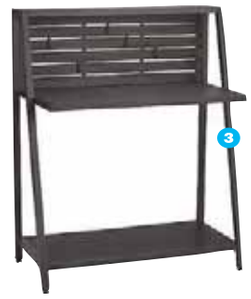
Open-air dining

If you lack privacy for tanning during the day then consider extending your dining room outside.

From late-night dining, playing board games, working from home or weekend brunches, an extra dining space is a great way to utilize your balcony.

Pampered oasis

Got direct sun and lots of privacy? Turn your balcony into an outdoor spa furnished with loungers for lazing, a water feature to create soothing sounds; just add sunglasses and lotion!



1 RESERVED printed beach towel
Demand an exclusive lounger; even on your own balcony. $29, PotteryBarn.com

2 Home Studio Foldable Hammock
Lounge in the sun and then store away when not in use. $149, TheBay.com

3 Splay Outdoor Work Station
Keep the wine at bay while entertaining or use for potted plants when gardening. $595, CrateAndBarrel.com

4 Striped Outdoor Dining Chair
One of my favourite summer chairs — would be just as stylish inside as out. $129, Homesense.ca

5 Hi-Line Buddha Fountain with LED Light
Trickle away the sounds of the city. $258, HomeDepot.ca

6 Harvest-inspired Polywood Table
Best-value table on the market. $199, CanadianTire.ca

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Medium to dark blue colours with a green cast to them stand out in this keeping room. RINNE ALLEN

Goodbye beige, and hello colour

HOW TO

Artwork, accessories introduce colour to space

Matthew Lee
Metro in New York

Winter is but a distant memory and everything from tulips in parks to the people strolling in them seem to be blooming with colour.

Perhaps in the midst of your spring cleaning you've realized that your home seems to be the last thing to blossom. Where's the colour? Where's the excitement and personality?

We hit up Susan Hable, co-founder of textile brand Hable Construction and author of the new book A Colorful Home to find out how to add some personality to our neutral homes.

How can city dwellers revamp their drab apartments?

I had a couple of those kinds of apartments and most of the time they were tiny so I always bought art. Art is a great way to bring in colour, and so are accessories in general. Decorative pillows or books really change how a room feels.

Pattern and design serve as the platform for colour. RINNE ALLEN

What do you say to people terrified of colour?

I would say go to an art store and buy some blank canvases and pick a colour that you love, and just hang a pair of coloured canvases in your living room. Then maybe add a book or some accent that reflects that colour in the room. (Next) get three things in your room that just speak to that colour.

What is the most difficult colour?

I have a hard time working with red. I feel like it causes people's blood pressure to go up. It's an active colour to be engulfed in. If you're a real risk taker, red might be right for you. I consider myself a very colourful person, but I've rarely ever used red.

Where do you start?

I always say that you need your floor covering first. When we moved into my house I barely had any furniture because we had lived in a two-bedroom apartment in New York. We couldn't go and furnish our whole house. We didn't have the budget to go out and buy a whole lot of things all at once. Which is better because it's almost like collecting, and then your home winds up looking like what you're trying to say.

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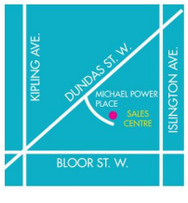

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Pea seedlings on display in New Paltz, N.Y. Planting from seeds can be more economical than buying transplants. LEE REICH/THE ASSOCIATED PRESS

If you believe it, they will grow

DIY

Raising plants from seeds takes a little bit of faith

More and more people who garden these days put plants rather than seeds into the ground.

In the old days, the arrival of warm weather would have us all dropping bean, beet, marigold and zinnia seeds into moist soil, then eagerly waiting for those first green sprouts.

Go into any garden centre these days, though, and you can buy "cell packs" of robust bean, beet, marigold and zinnia plants. And these are what many folks are planting.

Buying transplants does, of course, give you a jump on the season. You'll taste your first beans and smell your first marigolds sooner if you set out plants that were jump started in a greenhouse.

And many annuals — tomatoes, peppers, impatiens and pansies, to name a few — must have growth well underway in spring if they are going to put on a reasonable performance in summer.

But a lot of plants — including nasturtiums, bachelor buttons, corn and peas — don't really need that jump start.

The main reason fewer people plant seeds these days is, perhaps, more serious: a lack of faith.

People have trouble believing that dry, apparently lifeless specks the size of a comma or this letter "o" will grow into fat, juicy carrot roots or 6-foot-high hollyhock towers.

Reaping what you sow

Once you have the faith and plant seeds, however, you reap practical benefits.

Most obviously, seeds are cheap. For the same price as a single delphinium plant, you could buy enough seeds to create a garden full of delphiniums. Most flowers look better planted in abundance anyway.

With some vegetables, it's just not practical to grow transplants. Beans, for instance: At the recommended spacing of 2 inches apart, a modest, 10-foot row of beans would require about 60 plants, which is hardly a packet of bean seeds. So a cell pack of six bean plants, even a few cell packs, won't put many beans on your plate.

Another plus for planting seeds is the much greater selection offered.

Rather than planting Tendercrop, the one bean variety you might find as transplants, you could plant seeds of Blue Lake or Kentucky Wonder or any one of a number of other, better varieties available from the same establishment that sells you the transplants.

THE ASSOCIATED PRESS

BELIEF IN SEEDS

Long history stands seeds in good stead

Gardening is more wondrous when you see a seed sprout, but how do you get the faith that plants will grow from seed? Realize, first of all, that more than 3 million years of evolution — the amount of time seed plants have been around — have been geared to making seeds better and better at sprouting. If that doesn't convince you, then just plant extra seeds wherever you want plants. Seeds are cheap, and you can remove excess plants once they're all up and growing. Success is further assured by starting with good seeds, planting them in soil that is moist and well aerated, and timing your plantings accordingly. THE ASSOCIATED PRESS

FARM TO FORK Chef Mark McEwan on buying local. **p02**

ORGANIC LIVING Actress Stacy Keibler on healthy eating for the whole family. **p04**

EXPERIENCE Ontario's diverse culinary destinations. **p08**

Our Food

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Chef Jamie Oliver on the importance of food literacy for a healthier society.

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Connecting Farmers With Food Entrepreneurs
The Ontario Agri-Food Venture Centre.
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Healthy Ways to Juice
Boost your juicing IQ.
p12

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The Edgy Veg
Blogger Candice Hutchings shares 10 easy ways to stop wasting food. Her blog and videos feature quick and easy vegan and vegetarian recipes.
Online Exclusive

In the Kitchen With Mark McEwan

Top Chef Canada head judge, restauranteur and entrepreneur Mark McEwan sat down with Mediaplanet to share his culinary inspirations and ways to keep your cooking healthy, fresh and delicious — from his kitchen to yours.

Mediaplanet What inspired you to pursue a career in the culinary arts?
Mark McEwan I worked in a couple of restaurants during high school and I enjoyed food. I started to read about the food scene in Europe, and I had planned to go to hotel school but decided instead I wanted to take a year off, so on a lark I signed up for an apprenticeship in the kitchen. It turned out to be the perfect choice for me and has worked out really well.

MP What are your thoughts on the local food movement in Ontario?
MM We have an amazing food culture in Ontario. The local food movement from the supply side is getting better every single year. If you go back fifteen years we didn't really have one, it was pretty basic. Today there is a real food culture across the country and a lot of thought, time and effort going into growing product, raising animals, and creating specialized products.

MP Why is food traceability important?
MM You want to know where your food comes from, especially from a chemical standpoint. It's very important that you can trace it back. I only buy the best products, whether it's for the store for retail, or for the restaurants. There is a heightened level of awareness for what you're feeding your children in terms of processed food, and what that actually means. Everyone is concerned about their health and essentially, you are what you eat.

MP Where do you draw your inspiration for your restaurants' menus?
MM It's through a lot of conversation amongst the chefs and managers. We follow the seasons. When I cook for my clients I like to cook food they enjoy, so they are ultimately the filter for me. When I hit the right notes with my clients I know I'm doing the right thing.

I buy Ontario grown as soon as I can and as much as I can.

MP How can parents get their kids excited about food and cooking?
MM It's all through exposure. Don't do the lazy thing and buy frozen chicken fingers, frozen corn and give them baby carrots to eat. Actually cook at home. When they're young, braise lentils and serve it with salmon and yogurt sauce and get them used to this kind of food. If you bring your kids up through the first five years on store-bought prepared and processed food, that's what they're going to be used to. But if they start eating branzino and octopus when they're two, they'll think it's perfectly normal. That's what I did with my kids.

MP How has Ontario's seasonal agriculture influenced your dishes?
MM Heavily, I buy Ontario grown as soon as I can and as much as I can. The unfortunate thing is that it's a short season. Raspberries are here and then gone in two weeks. Strawberries maybe last a month. When the wild harvest foods come in, we try to buy them in abundance and put them away. We'll put a lot away and preserve it and make chutneys, jams, things we can use throughout the year just because the season is tight. When it's there we have to take advantage.

MP What are your thoughts on greenhouse grown vegetables?
MM I think they're quite excellent and the amazing thing about hydroponics is they use absolutely no chemicals. It's one of the cleanest products you can eat. In southern Ontario along the north side of Lake Erie, they grow hot house tomatoes that we otherwise wouldn't have in the winter. They're actually quite fantastic.

MP What exciting things do you have coming up?
MM We have the new store [McEwan] opening in TD Centre right next to Bymark in the concourse. It should be open end of June and we are very excited to be downtown. ■

Read more from Mark McEwan
canadianfoodinfo.com

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INSIGHT

Braced For Future Growth: Why Demand For Organic Food Is Surging

Garth Glass remembers the exact moment when he made the decision to start farming organically. It was the summer of 1993, and he was over at a neighbour's house to buy some organic wheat that he planned to make homemade bread with.

As Glass got back into his car, it suddenly occurred to him how strange it was for him to be buying wheat when, as a wheat farmer himself, he had plenty on his own farm. "I remember a switch went off in my head," he says. "My property was full of wheat, and yet I chose to go and buy this organic stuff. I didn't realize how out-of-integrity it was. If I didn't want to eat my own grain, why would I expect anyone else to?"

Glass made the switch from conventional to organic farming at a time when the word "organic" was still a novelty – the first organic certification program emerged in 1988, and it wasn't until 1999 that the Canadian government introduced a national standard for organic farming.

Garth Glass and his family
on their organic wheat farm in Saskatchewan

PHOTO: NATURE'S PATH

Social responsibility

But while government regulation didn't firmly take root until the 1990's, the ideological component of the organic food movement was established well before then, having emerged in the 1960's as a response to many of the social, health and environmental concerns of conventional agriculture.

"Organic practices promote the life of people and the planet. Organic food, social responsibility and environmental sustainability go hand-in-hand," says Arran Stephens, co-founder of Nature's Path, the largest organic dry packaged goods manufacturer in Canada, which is celebrating its 30th anniversary this year.

"Organic farming is based on growth and sustainability. By promoting healthy soil, increasing biodiversity and using less energy, food grown organically helps to preserve the environment for us and the generations to come."

A booming industry

Stephens has been a vocal supporter of the organic food movement since 1967 when he opened Canada's first vegetarian restaurant in Vancouver, and a natural food store a few years later. Over his career, he has witnessed first-hand the growth of organic food from a fledgling niche market to a multi-billion-dollar industry.

"30 years ago, there weren't many options for people wanting healthy organic food. Now thanks to the increasing demand for organic products, there are roughly 5,000 certified organic farms, processors and handlers nationwide," says Stephens.

And with consumer demand for organic foods projected to grow by 14 percent per year through 2018, it's safe to say that organic food companies are keeping busy.

Our organic future

According to Stephens, a big factor in the rising popularity of organic food is that consumers today are paying closer attention to how the foods they eat are sourced.

"People are increasingly demanding their right to know what's in their food," says Stephens. "When we know better, we choose better, and people will continue to choose organic, non-GMO food grown with love for people and the planet, not toxic chemicals.

Asked what he thinks the future holds in store for organic food in Canada, Stephens says "We're working towards a day when all food will be organic." ■

By Benjamin Chacon

Living the Organic Life

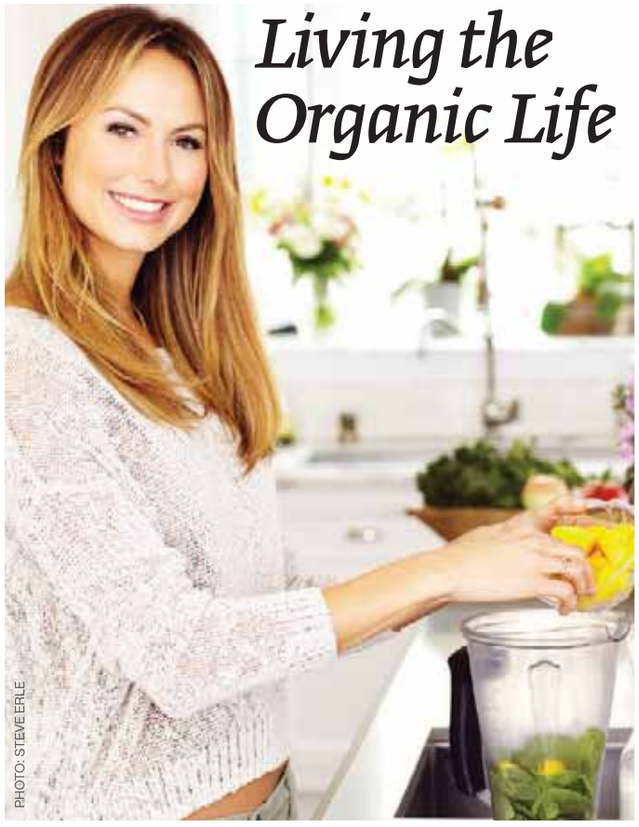


PHOTO: STEVE ERLE

In an exclusive Mediaplanet interview, actress and model Stacy Keibler shares tips on healthy and organic eating for the whole family.

Mediaplanet What major factor influenced you to live an organic lifestyle?

Stacy Keibler My organic lifestyle was a progression; there wasn't one factor that changed everything for me. I had a lot of great influence that sparked my passion and began to change the way I thought about health, wellness and my body. I poured myself into researching in every way I could -through books, documentaries and the incredible healing mentors I was surrounded by. I noticed the biggest change in my life once I had completely transitioned to an organic way of life.

MP For those on a budget, what is the cheapest way to incorporate organic foods?

SK Organic farmers markets typically have lower prices than the specialized grocery stores. Look to see if your neighborhood offers CSAs (Community Supported Agriculture), which allow you to pay one lump sum directly to a farm in exchange for months of healthy produce options.

MP What challenges have you faced when it comes to eating and preparing an organic diet for your family?

SK The obvious challenges are traveling and finding restaurants that use farm fresh and organic ingredients. Sometimes, you just have to let it go because the options don't exist. At home it's much easier because we are well versed with the restaurants, markets, grocery stores and products that carry the best quality.

We really enjoy preparing new dishes at home because we understand the love that goes into our meals from the very beginning to the end.

MP How can we teach the next generation the various benefits of organic eating?

SK I think the biggest way we are going to make a change is by voicing our opinions and taking the initiative on the movement ourselves. If we lead by example, our kids will notice. It is also so important to educate the younger generations on the benefits of organic farming and eating. With proper education and knowledge, kids will understand their choices and how those positive or negative choices will impact their health.

MP What are the top food items that would be most beneficial to change to organic?

SK The Environmental Working Group's Shopper's Guide to Pesticides publishes a list of the Dirty Dozen — AKA, the fruits and veggies you should absolutely try to purchase organically because they are the most vulnerable to high levels of pesticide residue. Those fruits and veggies are: apples, peaches, nectarines, strawberries, grapes, celery, spinach, sweet bell peppers, cucumbers, cherry tomatoes, snap peas, and potatoes. When possible, definitely purchase organic for these 12! ■

Read more from Stacy Keibler
canadianfoodinfo.com

NEWS

Organics 101: Setting the Standards

It seems that organic is on everyone's lips these days, but what does "organic" really mean?

Organic refers to products that follow strict standards and inspection 'from seed-to-shelf.' Organic certification lets consumers know that every step along the supply chain has protected and maintained the organic integrity that begins on the farm, regardless of whether the product is fresh or processed. Organic farms are environmentally sustainable and animal humane.

In Canada, national organic standards and government regulations are in place for domestic and imported products, and overseen by the Canadian Food Inspection Agency. Canada's organic standards place strict limits and prohibitions on the use of toxic and persistent pesticides, synthetic fertilizers, the routine use of drugs, antibiotics or synthetic hormones, animal cloning, genetic engineering ("GMOs"), sewage sludge ("biosolids"), and irradiation. Organic standards also forbid the use of artificial food colours, flavours, sweeteners, preservatives and many other processing aids and ingredients in processed foods.

What is the difference between "organic" and "natural"?

In Canada, organic is regulated by the government and must follow national standards, while "natural" is a marketing term used by companies based on their own definition of what they think "natural" might be. That means anyone can use the word "natural" on their products and consumers have to trust them. "Organic" on the other hand, is the gold standard for "eco-labels"—inspected and overseen by the government, and now the most scrutinized food system in Canada.

What is the benefit of organic farming?

Organic farming methods offer the best current model for promoting climate-friendly food production. This is because it is less dependent on fossil-fuel-based fertilizers and toxic pesticides. Organic farming also helps store high levels of carbon in the soil, promotes wildlife diversity, reduces pest outbreaks, protects soil from erosion, helps prevent contamination of water, and uses up to half the energy of conventional farming.

Is organic food pesticide-free?

Numerous studies have shown that organic is the best way for consumers to reduce their exposure to toxic pesticide residues, however "organic" does not always mean "pesticide free". Sadly, chemical residues already contaminate much of our water, air and soil, and residues can sometimes show up in our food—even organic food. Organic agriculture is a response to this pollution but it doesn't mean organic products will always be 100% residue "free", since no one can make that guarantee 100% of the time (at least not until more farmers go organic!).

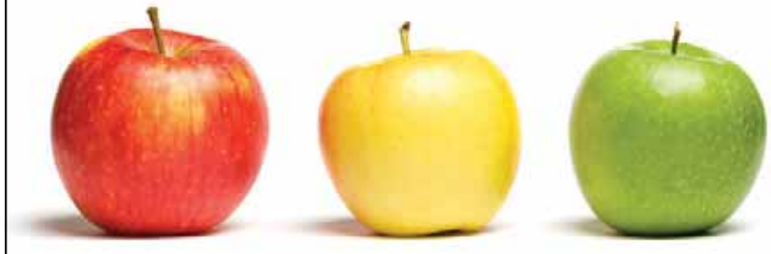
It's important to remember that organic is about more than simply not using chemicals: it's about rotating crops and building healthy soil for the future, it's about treating animals well, and many other things you can't "test" for. The "Canada Organic" logo is the public's assurance that products have been grown and handled according to strict procedures and rules, and are inspected annually.

Organic week

One way to get more involved and learn more about organic is to participate in Canada's Organic Week, September 19-27, 2015. Events include anything from gardening workshops to retail contests, farm tours, or organic food and drink tastings in locations across the country. ■

By Henry Chen
Canada Organic Trade Association

Three jobs exist for every food & agriculture graduate in Ontario.

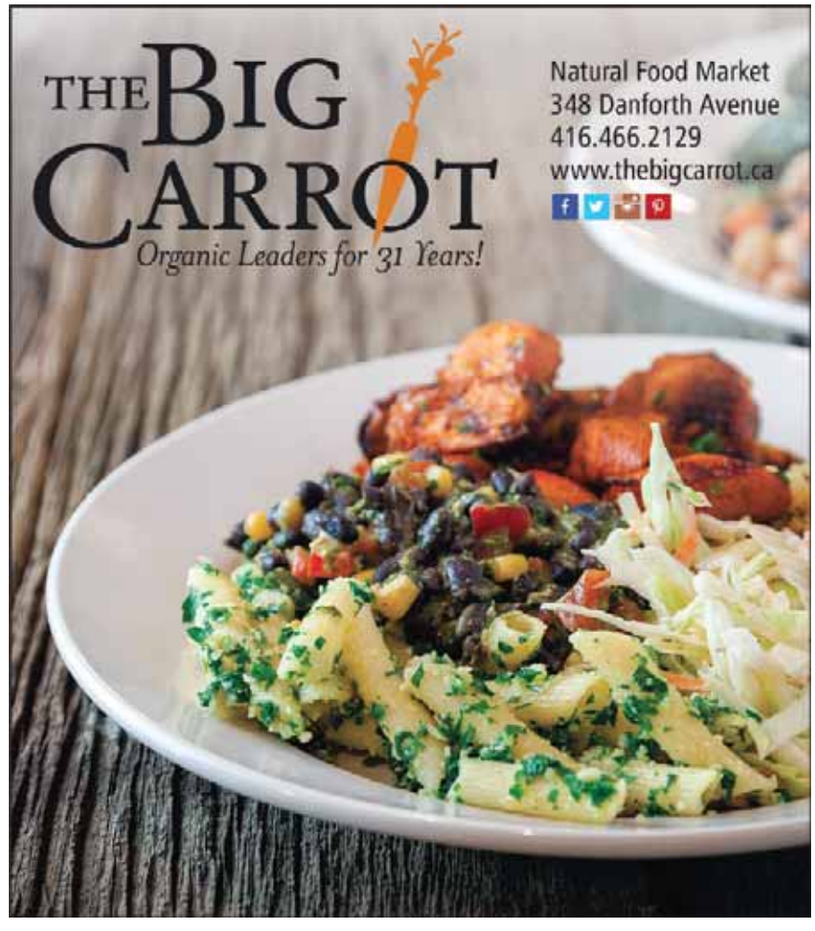


The University of Guelph offers certificate, diploma, undergraduate and graduate level programs to feed your interest in food.

www.uoguelph.ca/oac

UNIVERSITY of GUELPH

CHANGING LIVES IMPROVING LIFE



INSIGHT

The Secret to Improving Food Literacy

Math and History are compulsory courses – so why not Food and Nutrition? Everyone eats!

Cooking skills and nutrition knowledge are key to eating well. Awareness of food safety, local food, food security and how to minimize waste round-out the food literacy definition.

Concern grows about a general lack of time, knowledge and skills to prepare healthful, affordable meals at home. Even greater distress surrounds healthcare costs. Home Economists see a connection.

Today, kids who learn to cook are among a fortunate few. Often, families microwave a commercially prepared entrée, or grab 'take-out' en route to an event. Not a serious issue - until it becomes regular practice, and it does!

We eat in the car, in front of the TV or computer screen and increasingly, alone. Whatever happened to the family meal time ideal?

Changing times

Home-cooking began to decline in the mid 1960's about the time more women sought employment outside the home. Unused skills get lost with time.

The food industry hastened to liberate women from the kitchen and to seek market share. Disposable income increased. Families could now afford to buy prepared entrees or to eat-out to resolve a time crunch.

Yet, what price have we paid for convenience? As rates of home cooking decreased, rates of obesity increased. Type II diabetes, high blood pressure and heart disease followed suit. 31 percent of Canadian children are considered overweight or obese leading to other chronic health issues and healthcare strain.

A Community Health Study shows that Canadians consume a daily average of 3000 milligrams of sodium. Twice the daily recommendation! Processed foods deliver a whopping 77 percent of that sodium.

One can of sugar-sweetened pop contains up to 40 grams (10 teaspoons) of sugar. How easy it is to over-consume sugar or sodium if we don't read food labels.

Education is key

We must learn how food is produced to make informed choices. We must think critically about economic, nutritional and environmental benefits of local food and meet the needs of today without compromising the needs of future generations.

Even so, food bank clients will decline certain produce when food preparation skills are lacking.

"Improved food literacy would advance the health of all Canadians," the Conference Board of Canada reports. Consumers often over-purchase and thus waste food, ignore a budget or disregard food safety practices.

But wait! These topics are part of high school Family Studies curriculum. So why does Ontario not have a higher food literacy rate?

Seven food and nutrition courses were released by the Ministry of Education in 2013, within the Family Studies program. The courses are excellent, hands-on and fun! But many students miss out because the courses are 'electives' only.

The Ontario Home Economics Association (OHEA) is calling on the Government of Ontario to make at least one Food & Nutrition course compulsory for students to receive an Ontario Secondary School Diploma.

Knowing what's in our food is a big advantage of cooking-from-scratch. Add to that...time spent with family, health and budget perks, and pure satisfaction.

The secret to improved food literacy is education! Teach kids to cook and you invest in their health and independence. ■

By Mary V. Carver
P.H.Ec, Food Literacy Coordinator, Ontario Home Economics Association

You Say You Want a Revolution

Well, Chef Jamie Oliver is leading the way with his global campaign for improved food education, starting with our children. Mediaplanet had a chance to get the inside scoop on Jamie's Food Revolution, the growing local food movement, and what he is known for best, a healthy home-cooked meal.

Mediaplanet How did Food Revolution Day start? Where did the idea come from?
Jamie Oliver It was an idea I had about five years ago. I kept meeting passionate, brilliant food education campaigners from all over the world, but there was nothing really linking them so I decided to organise a day when everyone who cared about this issue could come together and really shout about it. We started back in 2012 with a couple of volunteers and laptops, and it's just gotten bigger and bigger every year since.

MP What's the goal of Food Revolution Day?
JO To raise awareness of the importance of food education across the world – we're facing an epidemic of obesity and diet-related disease and we need to find urgent solutions. This year I've started a petition, and I'm hoping it will show governments just how passionately people feel about the importance of compulsory practical food education for all our kids. The bottom line is that the next generation will live shorter lives than their parents if nothing is done.

MP Where does your passion for food literacy come from?
JO I truly believe that it's a child's basic human right to be taught about food and cooking so that they can look after themselves and their future families. In past generations, this skill would have been handed down, but over the last 30 years or so, we've lost that, which means kids are growing up with no idea about what's good food and what's rubbish. As a result, we're seeing more and more kids with weight issues – over 42 million children under five years old in the world are overweight or obese. Last year in Canada, I launched the Better Food Fund with Sobeys, and as part of that, the guys there have developed a cooking program with Free the Children called 'Home Cook Heroes', which teaches teenage school kids all about food. It's one of many things around the world that is being done well, but there are too few initiatives like it. We need more.

MP Do you think education is key to a healthier society?
JO Yes, absolutely. I've seen it work – my kitchen garden project in the UK, as well as in the work of various pioneers around the world, such as Stephanie Alexander in Australia. (Through the Stephanie Alexander Kitchen Garden Program).

MP How can parents get their kids excited about food and cooking?
JO The easiest way is to get them involved in cooking from an early age. When kids have ownership over their food, they're far more likely to eat it. Even when they were tiny, my kids used to tear up herbs and get involved with simple jobs, such as mixing – they absolutely loved it. Make it fun – if the kitchen gets a bit messy once in a while, so what!

MP What is one action people can take in their daily lives to make cooking enjoyable?
JO For me, and for a lot of people, cooking is a real pleasure anyway. But, if you don't like cooking, I think the important thing is to find a handful of quick dishes that you can prepare easily and enjoy making, then see where you go from there.

MP How has the local food movement changed the way people understand and purchase their food?
JO For most people, the supermarket is still the place to go to get their weekly shop, but many supermarkets now source seasonally and locally, which is great. I think for some people, there will always be more of a desire to go even more local, and that means farmers' markets, farm shops and specialist outlets. For me, as long as people are buying fresh food and not too much processed food, we're in a good place.

MP Why is it important for Canadians to be educated about animal welfare and Certified Humane products?
JO I've always been a big supporter of any movement that promotes higher animal welfare and I've made TV programmes about the poultry industry, pig farming and sustainable fishing. I eat meat, but I've always felt that if we're going to eat meat then we have a duty of care to those animals that we breed for food. During the course of my programme-making, I've seen some of the worst conditions you can imagine for animals, so I would always steer people towards higher welfare. I firmly believe in quality over quantity where meat is concerned – it's better for us, better for the animals and it's more sustainable.

MP What is your favourite kitchen tool and why?
JO I love my pestle & mortar, but the tool I use more than anything else is my speed-peeler. It's a simple, little piece of kit which costs only a couple of dollars, but I use it almost every day. ■

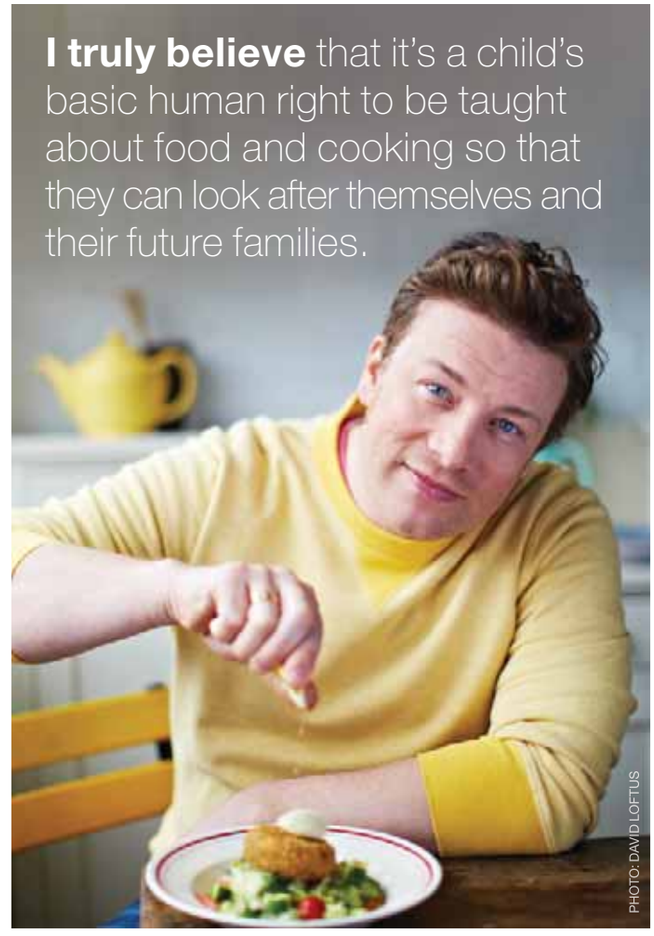


PHOTO: DAVID LOFTUS

SPOTLIGHT

EAT, ENJOY, EXPERIENCE

Ontario's Top Culinary Destinations

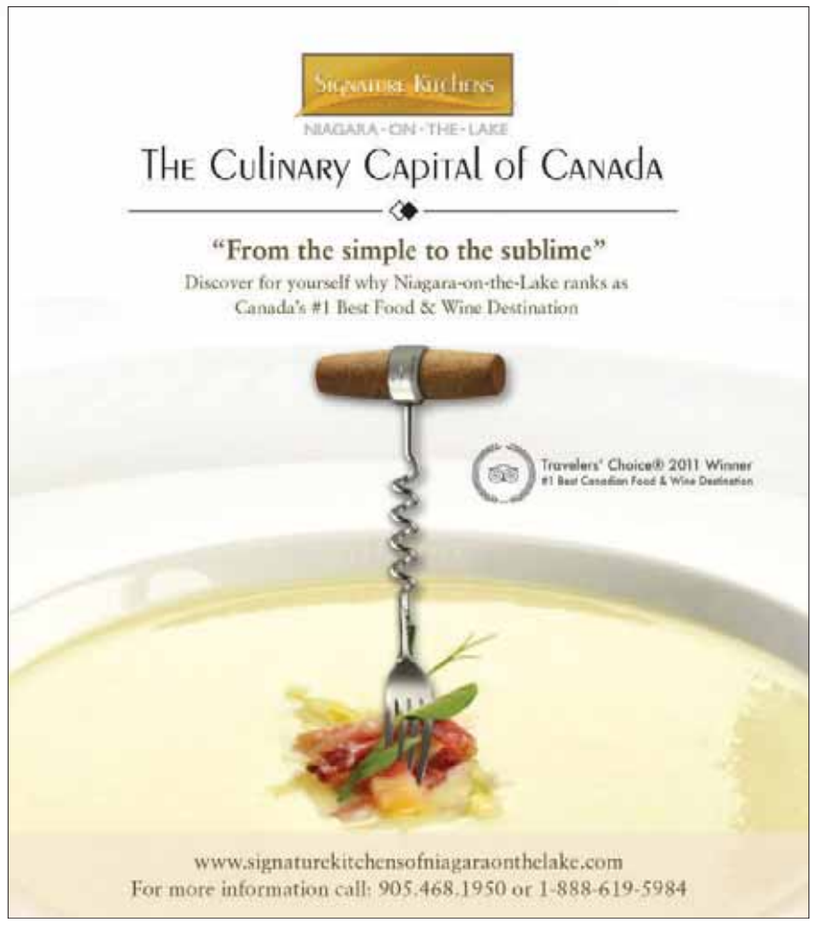
Ontario is a hotspot for unique culinary experiences. Taste trails, food tours, farmer's markets, wineries, and restaurants serving up the freshest locally-produced cuisine – we have it all. Come see for yourself!

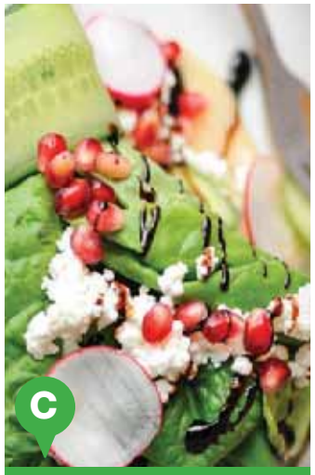
BUTTER TART TOUR

Four mouth-watering tart tours await you just a short drive from almost anywhere in Central Ontario. Nutty, plain or with raisins, fresh tarts are baked daily for you.

SAVOUR ELGIN

The Savour Elgin trail is a route through Elgin County that visits some of the best restaurants, farms, wineries, and other culinary attractions that focus on local food and drink.





WINDSOR, ESSEX, PELEE ISLAND

From award-winning wineries and farm-to-fork feasts to world-class casino gaming, incredible outdoor adventures, we have plenty of reasons why you'll love it here. Discover your reasons now!

PROUDLY NORTHUMBERLAND

Northumberland farms are open for business. The Proudly Northumberland symbol means that the product was grown or produced right here – by our friends and neighbours.

PETERBOROUGH AND THE KAWARTHAS

If food is your thing, you don't have to spend hours chewing through traffic. Peterborough and the Kawarthas is just 90 minutes from Toronto. It's time for something fresh.

NORFOLK COUNTY: ONTARIO'S GARDEN

Our farmers, chefs and winemakers are proud of the authentic tastes of our award-winning wineries, craft breweries, restaurants and farmers markets. Ride the new shuttle linking Port Dover and Long Point.

NIAGARA-ON-THE-LAKE

Niagara-on-the-Lake, the Culinary Capital of Canada, offers connoisseurs a veritable feast of abundant local produce, world-class wineries and the many renowned restaurants' demonstrated commitment to excellence.

NEWS

From Farm to Farmer's Market to Grocery Store: The Ontario Agri-Food Venture Centre

For the entrepreneur looking to bring a new food product to market, anything from organic fruit preserves to locally sourced flatbreads, the biggest challenge can be connecting with the farmers who can provide the ingredients they need in the small batches required for their initial foray. Ironically, for Ontario's farmers, one of the biggest problems can be identifying new crops and moving excess harvest outside of their usual channels. The new Ontario Agri-Food Venture Centre in Colborne is looking to bridge that gap.

The 15,000 square foot facility is a solar-powered food processing plant in Colborne just off Highway 401. The centre was officially inaugurated on the first of May this year in a bread-cutting ceremony attended by Premier Kathleen Wynne, and Minister of Agriculture, Food and Rural Affairs Jeff Leal. Commissioning and testing of the facility will continue through the month of May, followed by a public opening in June.

Ontario food entrepreneurs will gain direct access to local farmers.

The centre is a one-of-a-kind venture providing on-demand and at-cost food processing services, including washing, hulling, cutting, flash-freezing, packing and labelling for almost any crop. It will allow farmers to grow niche crops with the knowledge they can process them independently, and will also provide much needed options for local processing of traditional crops. At the same time, Ontario food entrepreneurs will gain direct access to local farmers, and also to the professional food processing, preparation, and storage facilities that will allow them to build and grow their business.

Northumberland County residents, and Ontarians from further afield, are eager to sign on. "The interest is very much there. The facility is really taking a Launchpad approach for food entrepreneurs with great ideas, providing the infrastructure to test their products and do product development," says Northumberland County's Director of Economic Development and Tourism Dan Borowec. "There's also real excitement from the agricultural community. The facility provides them the opportunity to realistically start generating second source farming income."

Opportunities for new Canadians

Perhaps one of the most exciting aspects of this new venture centre is the way it is empowering new Canadians to bring their specialized knowledge and skills to market. "Northumberland County's newcomer and immigrant population has increased dramatically in the last six or seven years and we expect that trend to continue or increase over the next five years," says Dindin Villarino, Business Immigration Coordinator for Northumberland County. "We're fostering cross-cultural exchange and knowledge of foods between newcomers, immigrants, and other members of the community. We know that many new Canadians have an interest in developing a business in the food sector, and we want to encourage these entrepreneurial activities."

The positive potential of initiatives like this cannot be denied. Ontario farmers are in urgent need of additional routes to market for their produce, and entrepreneurs are the lifeblood of Ontario's economy. It's very exciting that this new Agri-Food Venture Centre is opening in Ontario's heartland and creating new opportunities for Ontarians of all stripes. ■

By D.F. McCourt

OAFVC.ca
Invent • Connect • Create
Invest • Employ

OAFVC
ONTARIO AGRI-FOOD VENTURE CENTRE

Experience the Local "Foodie" Scene in Ontario

Peterborough and the Kawarthas are well-known for their magnificent waterways and scenic vistas.

But in recent years, it's the region's burgeoning food scene that's taken center-stage. Supported by a strong commitment to local sourcing and sustainable products, visiting Peterborough is an opportunity you don't want to miss.

Locally farmed, locally consumed

"The idea of shop local, eat local, support local has really developed naturally and organically in Peterborough and the Kawarthas," says Jay Nutt, the chef and owner of Nuttshell Next Door Cafe, a local restaurant nestled in the Kawartha Lakes region of Ontario. "Chefs here develop strong relationships with farmers and farmers' markets."

This emphasis on using high-quality, locally-sourced products is a unique characteristic of Peterborough's food scene, but it's hardly a new development. The region has a long history of supporting the consumption of local produce, perhaps best exemplified by its many farmers' markets. The Peterborough Farmers' Market in particular is celebrating its 190th year this year.

Attracting new talent

According to Minister Jeff Leal, Ontario's Minister of Agriculture, Food and Rural Affairs, the wide availability of local food products has been integral to attracting new talent to the region.

"Today, chefs from all over the country are moving into Peterborough because they know they can get a quality food supply—whether it's beef, pork, lamb or vegetables," says Minister Leal. "When you're a talented chef, you can take these ingredients and put together a very fine meal."

Chef Nutt is a testament to this trend. Originally from Alberta, he worked in restaurants across the country before settling in Peterborough in 2000. His reasons for staying? The people, the restaurant culture, and the access to local food products.

"I've worked in Toronto, Jasper, Edmonton and elsewhere, and in those places, competition often takes precedence over co-operation," Nutt says. "I think that one of the things that is very unique about Peterborough and the Kawarthas is that chefs and restaurant owners are very supportive of each other and work towards a common goal of building a local food culture."

Continued growth

This spirit of community and support has contributed to the rapid growth of Peterborough's food scene in recent years. Despite its smaller size, the region is home to more restaurants per capita, including bars, pubs and cafes, than Toronto or Montreal.

"Just take a walk down Hunter Street West in downtown Peterborough and you'll find many, many restaurants. On any given day, the local chefs are all producing great meals with locally grown products," says Minister Leal.

Equally impressive is the fact that more than half of the restaurants in Peterborough and the Kawarthas are locally-owned, small businesses.

"I've been here for 12 years in business and 10 years at this location. In that time, I've had lots of my employees go out and open their own restaurants," says Nutt. "When I visit their restaurants, I'll find items on their menu that are influenced by me—and those items were, of course, influenced by chefs I worked for in the past. This idea of passing on information, styles and techniques is very strong in the area, and it's a testament to the vibrant food culture of the region." ■

By Benjamin Chacon

INSIGHT

Boost your Juicing IQ

There's no doubt about it. Juicing has gone mainstream. Whether you're in the grocery store, watching television or in an airport food court you're going to encounter messaging that prompts you to drink juice to make yourself slimmer, healthier, happier or all three. Can juice really be the answer to all of life's challenges?

While nutritionists and doctors warn all consumers to avoid adopting juicing as the cornerstone of their diet plans, there is no argument that incorporating fruit and vegetable juices into your eating plan in moderation can add variety and nutritional benefits to your diet. So, if you're juicing or considering juicing, follow these tips to ensure that you do it safely and healthfully.

■ Never make juice your main source of calories. Professionals in the field of nutrition always agree that juice cleanses are not only not beneficial for health, but that they could cause negative physical side effects.

■ When selecting a juicer for home use, find a model that incorporates the fibre from the produce back into the finished juice so that you don't lose this valuable nutrient.

■ When buying packaged juice or smoothie bases, read the labels. Do these convenience products contain added sugar? Does it say that some or all of the ingredients are from concentrate? Look for pure juices that contain whole foods and as few colours, preservatives or processed ingredients as possible.

■ Remember that regardless of what fruits and vegetables they contain, juices contain calories. That means that they aren't 'free' and should be viewed as an occasional substitute for eating a salad, a piece of whole fruit or a cup of vegetable soup. If you consume large servings of juice or drinks that contain calorie dense ingredients (such as avocado, eggs or banana) to your daily food intake your calorie intake will increase.

■ Watch your portion sizes! It's easy to get carried away adding produce to the juicer or blender only to find that you have made much more juice than you intended. Measure out your serving sizes to ensure that you getting the calories you expected to get and to make sure you don't fill up on juice and ruin your appetite for other healthy foods. ■

Dana McCauley
Founder of Youtube channel Food Trends TV

@DanaMcCauley

Bar-B-Que Lamb Chops with Honey-Soy Glaze

Preparation time: 5 minutes
Cooking time: 15 minutes
Makes: 4-6 Servings

Ingredients

8 Ontario Fresh Premium Lamb loin chops (1-1/2 lb total)
1/4 cup (50ml) Ketchup
2 tbsp (25ml) Liquid honey
1 tbsp (15ml) Soy sauce
1 tsp (5ml) Minced gingerroot
1 Clove garlic, minced

Directions: The honey-soy glaze gives these lamb chops a subtle sweet flavor. You can use any of today's soy sauces – regular, light or salt-reduced – in this recipe. Teriyaki sauce can be used in place of soy sauce.

Preparation: In a large bowl, combine ketchup, honey, soy sauce, gingerroot and garlic. Add lamb chops and turn to coat. Remove chops from sauce reserving any remaining sauce. Bar-b-que chops for about 4 minutes per side, until well browned and pink inside, brushing with reserved sauce.

metro SPORTS

Your essential daily new

Stephen Curry was fined $5,000 for his flop in the Warriors' Game 1, West final win over the Rockets

Down to business with Babcock

BUILDING FROM THE BENCH

Coach gets $50M to turn around sad sack Leafs

Brendan Shanahan and the Toronto Maple Leafs swung for the fences and landed the biggest free agent of the NHL off-season.

It's not a franchise cornerstone defenceman or a No. 1 centre but highly sought after coach Mike Babcock, who had his pick of jobs and chose the Leafs on an eight-year contract worth $50 million.

"I'm proud of Shanny, I'm proud that he dreamt big," Maple Leaf Sports & Entertainment president and CEO Tim Leiweke said. "He got the big whale."

It took a bidding war, and the Leafs won it.

Babcock had no shortage of suitors, from Detroit, where he coached for the past 10 years, to Buffalo and San Jose. The man considered the top hockey coach in the world now has a deal that makes him the highest-paid coach in the league.

The Saskatoon native will reportedly receive a large signing bonus and make between $5 million US and $6 million per season, well above the $3.5 million Joel Quenneville of Chicago Blackhawks pulls in annually. Babcock joins a Leafs team that has missed the playoffs nine of the past 10 seasons.

Toronto will send a third-round pick to the Red Wings as compensation for Babcock.

Landing Babcock is a major coup for Shanahan, who in the past 13 months since taking over as president has fired general manager Dave Nonis, coach Randy Carlyle, interim Peter Horachek and several assistants and scouts.

"I know there were people that ultimately questioned whether or not Brendan would come in here and ultimately be a great president," Leiweke said during a news conference announcing the sale of the CFL's Toronto Argonauts at BMO Field. "You have to give him a lot of credit. This is a vision he had early on."

Babcock won a Stanley Cup with Detroit in 2008, went to the final in 2003 with Anaheim and in 2009 with the Red Wings and captured two Olympic gold medals for Canada.

With his contract up, the 52-year-old had his pick of staying in Detroit or choosing a new challenge. Red Wings general manager Ken Holland, who said he's "happy for Mike," also confirmed he didn't want to give Babcock a contract longer than five years.

After the Red Wings were eliminated from the playoffs, Babcock expressed concerns about the long-term future with stars Pavel Datsyuk and Henrik Zetterberg in their mid-30s.

Having made the post-season in 11 of his 12 years in the NHL, Babcock joins a Toronto team that has struggled to get there.

Last month Shanahan said he was looking for general manager and coach who "want to be part of this direction and turning it around."

"We're hoping to find people that are here for a long time, share this vision," Shanahan said in April.

Babcock's eight-year contract — which reportedly includes an out clause after five — shows this is a long-term move. His salary, which is in line with the best in the NFL and NBA, also proves the Leafs are Babcock's team for the long haul. THE CANADIAN PRESS

I think he's really going to enjoy being in Toronto and I think he'll do a great job.

Wayne Gretzky who worked with Mike Babcock for team Canada during the 2010 Vancouver Olympics.

New Leafs coach Mike Babcock. GETTY IMAGES

A LOOK AT THE TROPHY CASE

By the numbers

The Leafs' new bench boss is the only head coach to have won a Stanley Cup, Olympic gold medal and world championship. Here's a look at some of his top accomplishments.

1 Stanley Cups won (Detroit, 2008)

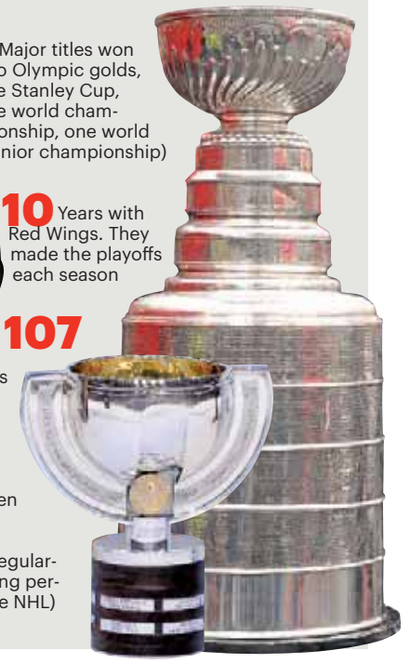
2 Olympic gold medals won with Canada (2010, 2014)

5 Major titles won (two Olympic golds, one Stanley Cup, one world championship, one world junior championship)

10 Years with Red Wings. They made the playoffs each season

107 Points accumulated over 146 games as a defenceman with the McGill Redmen

.627 Regular-season winning percentage in the NHL)



NHL PLAYOFFS

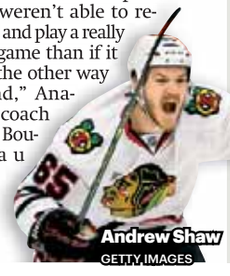
Ducks-'Hawks rest after OT marathon

The Anaheim Ducks and Chicago Blackhawks rested Wednesday after a triple-overtime classic in the Western Conference finals.

The Blackhawks evened the best-of-seven series 1-1 with a dramatic 3-2 win Tuesday night. Marcus Kruger had the winning goal in the longest game in Chicago's 89-year history.

The big question for the Ducks is how they'll respond to their first home loss of the playoffs, especially going into a notoriously difficult place to play in Chicago.

"We've done it all year. I would be more surprised if we weren't able to rebound and play a really great game than if it went the other way around," Anaheim coach Bruce Boudreau said. THE ASSOCIATED PRESS



Andrew Shaw GETTY IMAGES

SEE SHAW?

Andrew Shaw attempted to end it during a power play in the second OT by knocking a high-arching rebound of Patrick Kane's shot into the net with his helmet in a stunning soccer-style play, but the goal was illegal.

NHL rules prohibit deliberately knocking the puck into the net with anything but a stick.

"It was just a reaction right there," Shaw said of the header. THE ASSOCIATED PRESS

IN OTTAWA

Senators tether up 'tender for 3 years

Andrew Hammond has shown he has what it takes to play at a high level in the NHL in a short-term situation. Now he is ready to show he can do it over the length of his new contract and beyond.

The Ottawa Senators signed the goaltender to a $4.05-million US, three-year contract on Wednesday. Hammond, whose spectacular late-season run got the Senators into the playoffs, will make $1.2 million next season, $1.35 million in 2016-17 and $1.5 million in 2017-18.

The "Hamburglar" will count $1.35 million against Ottawa's salary cap over the length of the deal.

"I'm aware that the expectations are obviously going to change now, but I've proven myself over the last few months here that I can play at this level," Hammond said on a conference call Wednesday. "It's something that I'm more than willing to do and excited to earn every day." THE CANADIAN PRESS

IN BRIEF

New Bruins GM appears lukewarm on coach Julien

On his first day as general manager of the Boston Bruins, Don Sweeney met with Claude Julien and declined to give his Stanley Cup-winning coach more than a tepid endorsement.

"He's the coach of the Boston Bruins as of today, for sure," Sweeney said Wednesday in a news conference after he was promoted to become the eighth GM in the 81-year history of the Original Six franchise. THE ASSOCIATED PRESS

‘It feels like a slap in the face’

VENUES

TFC fans seeing red over Argos’ move to BMO Field

$3M

Leiweke said MLSE plans to spend about $3 million planting a sturdier hybrid grass at BMO Field

When CFL officials and Argos ownership held a news conference Wednesday to officially announce the football team’s move to BMO Field, “thank yous” flowed profusely.

MLSE chairman Larry Tanenbaum, part of a group buying the Argos, thanked the city and the CFL. He thanked current owner David Braley, seated nearby on the dais at BMO Field’s Tunnel Club, and thanked Argo fans.

But nearly 30 minutes into the event, nobody had thanked, or even mentioned, Toronto FC — strange, given the soccer club is the stadium’s main tenant. TFC fans were already worried the Argos would damage the stadium’s playing surface, and the CFL-centric news conference didn’t calm concerns the club had become an afterthought in a stadium originally built for soccer.

“It feels like a slap in the face,” says Ryerson student and TFC fan Michael Norton. “This could be the first step of TFC being pushed out of its own stadium.”

Tension between the Argos and TFC fans began soon after original speculation that the CFL team would move to BMO Field when their lease at Rogers Centre expired. Over the past two years the “No Argos at BMO” movement has grown to include a blog, a Twitter account, and a banner hanging in the stadium’s south end during home games.

The anti-Argos sentiment dovetails with Major League Soccer’s stated preference that teams play in soccer-specific stadiums. Of the league’s 20 teams, only four play in football stadiums retrofitted for soccer, while New York City FC plays in Yankee Stadium.

TFC season ticket-holder Chris Greidanus has been skeptical of the plan since he first heard the rumour, and worries Leiweke underestimates the importance soccer fans and players place on a pristine pitch. He says that soccer games played on fields with leftover football yard lines will turn off purists and discourage them from renewing season tickets.

“If it starts to affect the integrity of the game, that’s my concern,” Greidanus says. “When you have a playing surface that looks bush league, that’s not helping a league that’s trying to make headway in this market.”

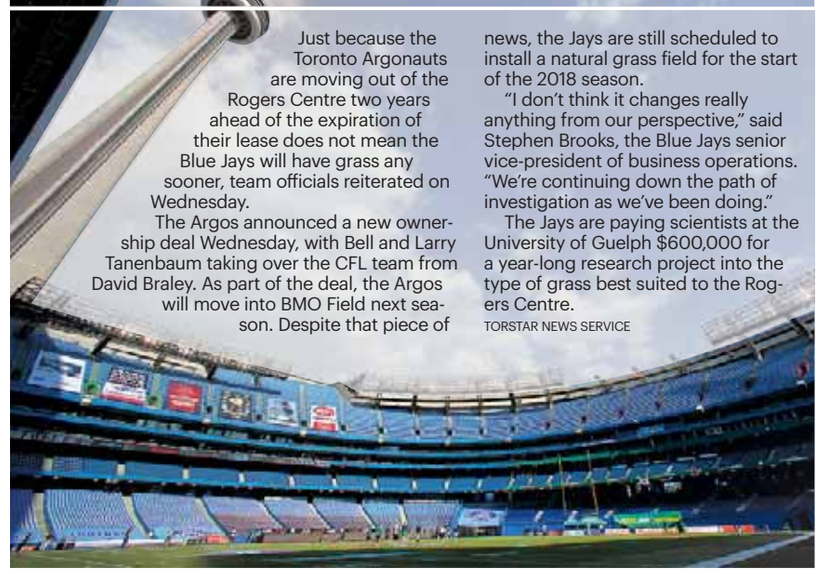
While acknowledging the league’s desires, outgoing MLSE president Tim Leiweke stressed that stadiums can host multiple events without losing soccer-specificity.

“Every stadium that I’ve been a part of, they’re a multi-venue facility,” Leiweke said. “This is not unique. It is not new. It is not different. These are not new problems. There are other people that have solved these problems.”

TORSTAR NEWS SERVICE

“There are no compromises. That field will be equally good for both sports. Larry Tanenbaum

BLUE JAYS STILL SLATED TO GET GRASS IN 2018



Just because the Toronto Argonauts are moving out of the Rogers Centre two years ahead of the expiration of their lease does not mean the Blue Jays will have grass any sooner, team officials reiterated on Wednesday.

The Argos announced a new ownership deal Wednesday, with Bell and Larry Tanenbaum taking over the CFL team from David Braley. As part of the deal, the Argos will move into BMO Field next season. Despite that piece of news, the Jays are still scheduled to install a natural grass field for the start of the 2018 season.

“I don’t think it changes really anything from our perspective,” said Stephen Brooks, the Blue Jays senior vice-president of business operations. “We’re continuing down the path of investigation as we’ve been doing.”

The Jays are paying scientists at the University of Guelph $600,000 for a year-long research project into the type of grass best suited to the Rogers Centre.

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Yankees make up with A-Rod

MLB

Team owner says notorious star has 'been a great asset'

Now that Alex Rodriguez has more home runs than lawsuits, the New York Yankees are happy with him.

The 39-year-old began Wednesday with a .248 batting average following his return from a season-long drug suspension, and his 10 homers and 22 RBIs were both second on the team to Mark Teixeira.

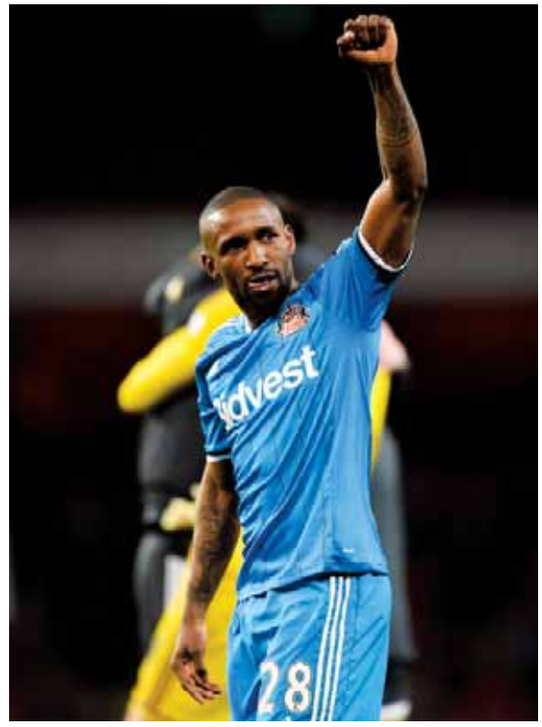
"If he was healthy, I've always said, he'd be a good asset, and he's been a great asset," Yankees owner Hal Steinbrenner said Wednesday before the Major League Baseball executive council meeting. "He's been playing well, and he's been producing."

New York and A-Rod sniped at each other for 1-1/2 years. He refused to say in July 2013 whether he trusted the Yankees, would not speak with management without one of his lawyers and filed a medical malpractice suit against the team physician. He also sued MLB, then-commissioner Bud Selig and the players' association.

He withdrew the suits and apologized for his actions. Now, even a dispute over a $6-million marketing bonus isn't causing public acrimony.

While he has not played a full season since 2007 because of two hip surgeries and various injuries, Rodriguez appeared in 37 of the Yankees' first 40 games, including 32 as a designated hitter. THE ASSOCIATED PRESS

Alex Rodriguez, right, entered Wednesday having slugged 10 homers for the Yankees this season. JIM ROGASH/GETTY IMAGES



PREMIER LEAGUE SUNDERLAND SAFE WITH ARSENAL DRAW
Former Toronto FC striker Jermain Defoe celebrates after Sunderland's 0-0 draw at Arsenal on Wednesday in London. Sunderland moved four points clear of the relegation zone with a game to spare, ensuring Dick Advocaat completed the survival mission he took on when replacing Gus Poyet as manager two months ago. SHAUN BOTTERILL/GETTY IMAGE

INDY 500

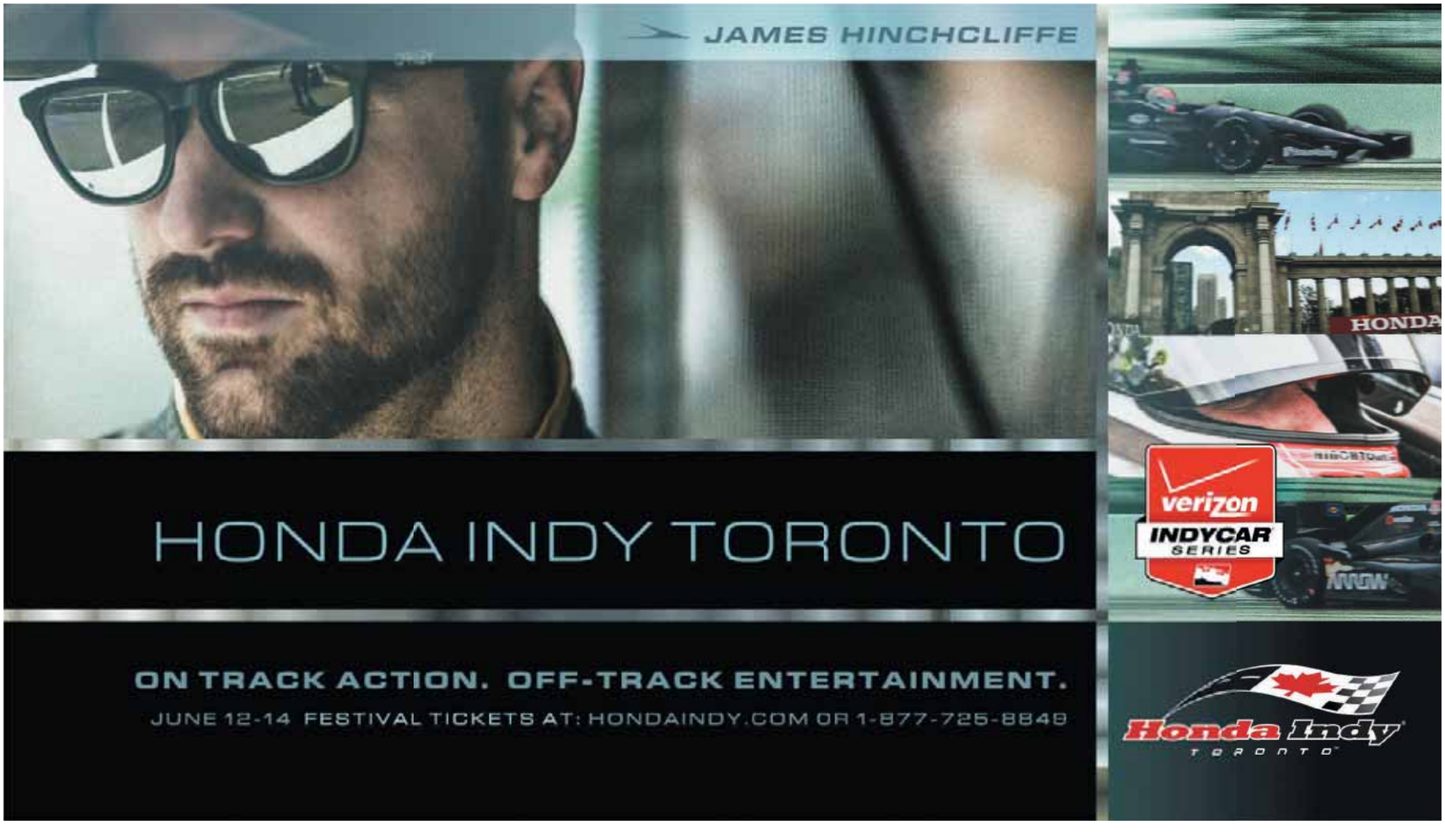
Doctors expect full recovery for Hinchcliffe

IndyCar driver James Hinchcliffe was moved out of intensive care Wednesday, two days after surgery on his left thigh and pelvic area following a frightening crash during practice for the Indianapolis 500.

James Hinchcliffe GETTY IMAGES

Series officials said the Oakville driver has made "substantial" improvement and is expected to make a full recovery without additional surgery. Dr. Timothy Pohlman, the surgeon who operated on Hinchcliffe, said the medical staff is pleased.

"His condition continues to improve," Pohlman said in a statement released by IndyCar. "Our expectation, in consultation with the IndyCar medical staff, is that a normal recovery is to be expected." THE ASSOCIATED PRESS



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Cook time: 10 minutes

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- 1½ lb lean grilling steak, such as New York strip or top sirloin
- 4 (1" thick) slices of fresh pineapple
- 1 green jalapeno sliced lengthwise in half, seeds and ribs removed
- 1/3 cup diced red onion
- 3 Tbsp chopped cilantro
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- Salt

Directions

1. In a large grill pan or barbeque, cook steak until desired doneness. For medium rare, cook until temperature reaches 135 F. Let sit for 10 minutes.

2. Meanwhile, grill pineapple and jalapeno pepper for about five minutes, just until grill marks appear on both sides.

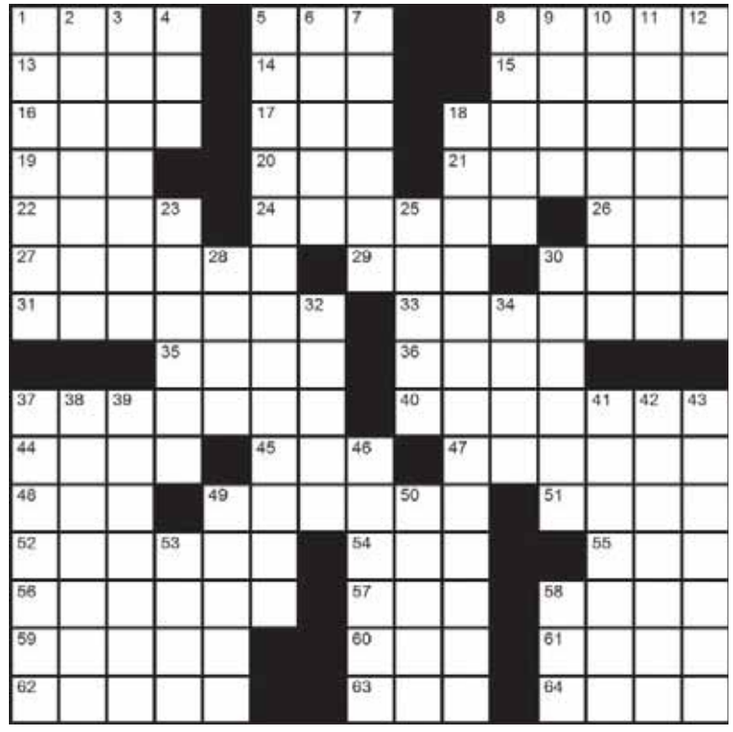
3. Dice pineapple and jalapeno and add to bowl. Add remaining ingredients. Slice steak thinly, fan out on platter and top with salsa.

Nutrition per serving (recipe serves 4)
- Calories 300
- Protein 37 g
- Carbohydrates 55 g
- Fibre 1 g
- Total fat 13 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Boarding locale at the airport
5. Soldiers see action in it
8. Farm figure's filling
13. Wild goat
14. Charlemagne's li'l domain
15. 8th Greek letter
16. Small estuaries
17. NHL Oilers, on scoreboards
18. __ Creek, Yukon (The most westerly community in Canada)
19. Actor's rep
20. Rapa __ (Easter Island)
21. Narrated again
22. Food assortment
24. Woodstock farmer, Max (b.1919 - d.1973)
26. Grow a Pinocchio nose
27. Debacle
29. NBA's Kings, on scoreboards
30. At any point
31. State of blessed happiness
33. Pre-Target-in-Canada stores
35. Prefix to 'culture'
36. Mr. Zatopek of Olympic track
37. Pope Francis' jurisdiction: 2 wds.
40. Newfoundland rum
44. Whizzes
45. Health supplements store
47. Kylie Minogue's sister
48. Gathered
49. Pristina's locale
51. Bilko, et al.
52. Damsel
54. Clamour
55. Commuter service, e.g.
56. Main course
57. Ms. Lupino
58. "Farewell!"
59. The constellation Orion's shiniest star
60. First word in Inferno by Dante
61. Stars sci.
62. Bulk-carrying barges
63. The Panhandle member
64. Curds and __

DOWN
1. Animal on classic Canadian kids show "The Friendly Giant"
2. Ms. Breslin of movies
3. Item for serving beverages to have with cucumber sandwiches: 2 wds.
4. "All My __ Live in Texas" by George Strait
5. Bryan Adams' duet with Melanie C: 3 wds.
6. Per __ ad astra (Through adversity to the stars)
7. Inattentive
8. Ranch animal
9. "__ '70s Show"
10. Orbit
11. Designer's studio
12. Tower of London guards, Yeomen __
18. "Hard Core Logo" (1996) director born in Kingston, ON: 2 wds.
23. Written works
25. Fixed stares
28. Slangy-style smokes
30. "Grey's Anatomy" star Ms. Pompeo's
32. Demeanors
34. Former currency in Italy
37. The Road __ (Canadian country band)
38. __ Flight 815, as per "Lost"
39. Oscar-winning "Frozen" (2013) song: 3 wds.
41. Vancouver's __ Bay
42. Sodium __ (Food additive)
43. Explorers, Confederation, The Last Spike, etc. = Canadian __
46. Programmer's skill
49. Stability providers for boats
50. VOD = __ On Demand
53. Ms. Barrymore
58. Crow's cry

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Get out and about as much as you can over the next few days. Your bubbly personality will attract people to you and doors will open just when you need them to open.

Taurus April 21 - May 21
It might be a good idea not to make any money-related decisions for the time being. The Sun's move into the financial area of your chart will show you ways to boost your income but don't go at it too quickly .

Gemini May 22 - June 21
A new solar year begins for you today and you must start it in the right frame of mind. All the bad things that happened in recent months are no longer of any concern. Only the good things that are going to happen matter now.

Cancer June 22 - July 23
Don't do things for other people that they really should be doing for themselves. As the Sun moves into the most sensitive area of your chart today someone may try to make you feel guilty so they can take advantage of you. Don't let them.

Leo July 24 - Aug. 23
You will see results today, tomorrow and over the weekend for something you started earlier in the year and that's good because you were thinking of giving up. Stick it out. The tide is about to turn.

Virgo Aug. 24 - Sept. 23
Try not to think of everything that happens in terms of win or lose. With the Sun crossing the career angle of your chart today you are sure to be more competitive than usual.

Libra Sept. 24 - Oct. 23
There were times of late when you did not have the first idea what was going on but now the Sun is moving in your favour again you will see with the utmost clarity — and what you see will most likely delight you.

Scorpio Oct. 24 - Nov. 22
You don't have to be nice to people just because you think it is expected of you. If you don't want to associate with certain individuals, for whatever reason, that is your right — use it or lose it.

Sagittarius Nov. 23 - Dec. 21
Go out of your way to be nice to partners, loved ones and colleagues today because you will be depending on them a lot over the next few weeks. Do what you can to make life easier for them and you will get plenty in return.

Capricorn Dec. 22 - Jan. 20
You may have to make some minor adjustments to your working routine over the next few days but that's okay. The more you change now the less you will have to change later.

Aquarius Jan. 21 - Feb. 19
The negative frame of mind you have been labouring under in recent weeks will disappear either today or tomorrow and everything will be light again. Well, almost. You will still have to deal with a few annoying people.

Pisces Feb. 20 - March 20
The Sun's move into the domestic area of your chart today means you need to devote more time to your family. Whatever your duties in other directions your main responsibility now is to those who depend on you the most.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6	3	7			
		2			4			
	4			9				
5				7				
9				2			4	1
7					8	3		2
	3							6
		5					9	
			3	8	6	1		

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ONLY 11 DAYS LEFT TO PAY WHAT WE PAY,

VISIT A DEALERSHIP TODAY! THIS OFFER ENDS JUNE 1ST!

HWY: 6.7L/100 KM
CITY: 9.7L/100 KM▼

Limited model shown♦

2015 ELANTRA L

NEW LOWER PAYMENT

LEASE FOR ONLY $70 BIWEEKLY. THAT'S LIKE PAYING

$35 WEEKLY

AT 0% FOR 60 MONTHS WITH $0 DOWN◊

DEALER INVOICE PRICE OF $16,308‡ INCLUDES $719 IN PRICE ADJUSTMENTSΩ, DELIVERY AND DESTINATION FEES. PLUS HST.

2015 ELANTRA LIMITED: GET UP TO $4,000 IN CASH PRICE ADJUSTMENTSΩ.

HWY: 6.3L/100 KM
CITY: 8.9L/100 KM▼

GLS model shown♦

2015 ACCENT 5-DOOR L

NEW LOWER PAYMENT

LEASE FOR ONLY $58 BIWEEKLY. THAT'S LIKE PAYING

$29 WEEKLY

AT 0% FOR 60 MONTHS WITH $995 DOWN◊

DEALER INVOICE PRICE OF $14,591‡ INCLUDES $636 IN PRICE ADJUSTMENTSΩ, DELIVERY AND DESTINATION FEES. PLUS HST.

HWY: 9.3L/100 KM
CITY: 11.6L/100 KM▼

Limited model shown♦

2015 TUCSON GL FWD MANUAL

LAST CHANCE 2015 CLEAROUT

LEASE FOR ONLY $118 BIWEEKLY. THAT'S LIKE PAYING

$59 WEEKLY

AT 0.9% FOR 60 MONTHS WITH $0 DOWN◊

DEALER INVOICE PRICE OF $23,419‡ INCLUDES $473 IN PRICE ADJUSTMENTSΩ, DELIVERY AND DESTINATION FEES. PLUS HST.

HWY: 9.8L/100 KM
CITY: 12.9L/100 KM▼

Limited model shown♦

2015 SANTA FE SPORT 2.4L FWD

ALSO AVAILABLE IN: 7 PASSENGER SEATING

LEASE FOR ONLY $152 BIWEEKLY. THAT'S LIKE PAYING

$76 WEEKLY

AT 1.9% FOR 60 MONTHS WITH $0 DOWN◊

DEALER INVOICE PRICE OF $27,514‡ INCLUDES $1,313 IN PRICE ADJUSTMENTSΩ, DELIVERY AND DESTINATION FEES. PLUS HST.

2015 SONATA HYBRID LIMITED:

GET UP TO $7,000 IN CASH PRICE ADJUSTMENTSΩ.

HWY: 7.4L/100 KM
CITY: 10.4L/100 KM▼

Sport 2.0T model shown♦

THE ALL-NEW 2015 SONATA GL AUTO

LEASE FOR ONLY $118 BIWEEKLY. THAT'S LIKE PAYING

$59 WEEKLY

AT 1.7% FOR 60 MONTHS WITH $995 DOWN◊

DEALER INVOICE PRICE OF $24,575‡ INCLUDES $1,252 IN PRICE ADJUSTMENTSΩ, DELIVERY AND DESTINATION FEES. PLUS HST.

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5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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®/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. ‡Dealer Invoice Price of $14,591/$16,308/$24,575/$23,419/$27,514 available on all new 2015 Accent 5-Door L Manual/Elantra Sedan L Manual/Sonata GL Auto/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD models and includes price adjustments of $636/$719/$473/$1,313. Prices include Delivery and Destination charges of $1,595/$1,595/$1,760/$1,795, fees, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. *The customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. ΩPrice adjustments of up to $636/$719/$1,252/$473/$1,479/$4,000/$7,000 available on all new 2015 Accent 5-Door L Manual/Elantra Sedan L Manual/Sonata GL Auto/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD/Elantra Limited/Sonata Hybrid Limited models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Finance offers available O.A.C. from Hyundai Financial Services. Financing example: 2015 Accent 5-Door L Manual for $14,591 at 0% per annum equals $40 weekly for 84 months for a total obligation of $14,591. $0 down payment required. Cash price is $14,591. Cost of Borrowing is $0. Finance example includes Delivery and Destination of $1,595, levies and all applicable charges (excluding HST). Finance example excludes registration, insurance, PPSA and license fees. ◊Leasing offer available O.A.C. from Hyundai Financial Services based on a new 2015 Accent 5-Door L 6-speed Manual/Elantra L 6-speed Manual/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD/Sonata GL Auto models with an annual lease rate of 0%/0%/0.9%/1.9%/1.7%. Biweekly lease payment of $58/$70/$118/$152/$118 for a 60-month walk-away lease. Down Payment of $995/$0/$0/$0/$995 and first monthly payment required. Total lease obligation is $8,535/$9,100/$15,340/$19,760/$16,335. Lease offer includes Delivery and Destination of $1,595/$1,595/$1,760/$1,795/$1,695. Lease offer excludes registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.12/km. ♦Price of models shown: 2015 Accent GLS Auto/Elantra Limited/ Sonata Sport 2.0T/Tucson Limited AWD/Santa Fe Sport Limited AWD are $21,277/$26,927/$32,943/$35,892/$41,577. Prices include Delivery and Destination charges of $1,595/$1,595/$1,695/$1,760/$1,795. Any dealer admin. fees, registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. ▼Fuel consumption for new 2015 Accent GLS (HWY 6.3L/100KM; City 8.9L/100KM); 2015 Elantra Limited(HWY 6.7L/100KM; City 9.7L/100KM); Sonata Sport 2.0T (HWY 7.4L/100KM; City 10.4L/100KM); 2015 Tucson Limited AWD (HWY 9.3L/100KM; City 11.6L/100KM); 2015 Santa Fe Sport Limited AWD (HWY 9.8L/100KM; City 12.9L/100KM); are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ‡†♦◊Ω*Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.